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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.

CENTRELINK DEBT FIASCO

What you can do if you've been contacted

It's been widely reported that Centrelink is using a computer algorithm to identify overpayments, or 'debt' in an effort to reclaim monies paid to welfare recipients. It's done by matching fortnightly Centrelink reporting periods to annual income from the Australian Taxation Office and looking for discrepancies. The aim is to recoup \$4 billion over the next four years.

It seems that the automated system is creating false debts by finding discrepancies when people have only worked part of the year, or part-time, with claims that the system is treating current and past Centrelink recipients like second-class citizens. Now, the Australian Council of Social Service (ACOSS) is calling on the Australian Government to immediately suspend the automated debt recovery program. ACOSS also calls for the program to be independently reviewed.

Acting ACOSS CEO Peter Davidson said: "Centrelink has demonstrably failed in its duty of care to ensure accurate information is provided to recipients of income support and this failure is causing undue stress, anxiety and harm to some of our most vulnerable people.

One poster at notmydebt.com.au, said she was heavily pregnant,working full time and had just moved house when she was contacted about \$1600 on her Newstart allowance.

"I received a debt covering the 2013-2015 period [when] I was working casual contracts (that's all I could get at the time!) and I was unemployed in between. Centrelink averaged these payments over the entire financial coal years to make it look like I was claiming Newstart while earning money," she posted.

She's currently processing an appeal against the debt.

"In December, we wrote to the Minister calling for the immediate suspension of the debt recovery program because of the systemic problems with the datamatching system," Peter Davidson said.

"ACOSS does not oppose debt recovery action where overpayments have occurred. However, Centrelink must properly investigate overpayments rather than shift the onus of proof onto Centrelink recipients. This would not be accepted from a private creditor and it should not be accepted from a government agency assisting financially vulnerable people."

"To reach an arbitrary target of \$4 billion in savings, the government has opted for an error-prone system. For every million dollars raised, it's likely that hundreds of people are told to repay debts they don't have and hundreds more are needlessly subjected to stress and anxiety."

"The government has a duty of care towards people who call on it for support, especially those on low incomes. It has breached that duty of care with this debt recovery program, which is why the program must cease in its current form to prevent further harm."

"We are hugely concerned that people are paying back debts that they do not owe because it is too hard to prove that they do not owe it. Where people have issues with the online portal, many cannot get through to Centrelink on the phone and are not receiving the help they need at Centrelink offices."

Similarly, the National Welfare Rights Networks said the online compliance system is fundamentally flawed and must be abandoned. In a statement they said that The National Social Security Rights Network has been working since last year to help people respond to debts raised by



Centrelink's new online compliance intervention system. "Although we welcome the changes recently announced by the Minister for Human Services it has become clear that the new system is fundamentally flawed. The NSSRN calls for the system to be abandoned." it read.

"To add insult to injury, a 10% recovery fee appears to be systematically applied to debts when it should only apply where people knowingly or recklessly give false information to Centrelink," Peter Davidson said.

"Automated debt recovery action must be suspended, including against people who have already received letters. ACOSS repeats its call to Minister for Human Services Alan Tudge to meet with organisations representing and assisting Centrelink clients in the near future to redesign the program so that it is accurate, fair and humane."

If you are worried about a letter from Centrelink, don't know how to respond, or believe a debt has been wrongly raised, there are number of things you can do.

- National Welfare Rights Network http://www. welfarerights.org.au/organisations A network of community legal centres throughout Australia which specialise in social security law. This service is free.
- Legal Aid Commissions http://www. nationallegalaid.org/ Your local legal aid commission can give you information and advice.
- Your local community legal centre http://www.fclc. org.au/find_a_clc.php Provides legal information and advice. Most services are free.
- Commonwealth Ombudsman www.ombudsman. gov.au/ Assists the public by investigating and resolving complaints about Government departments and agencies (and has launched an investigation into the automated debt recovery system).
- ACOSS also suggests that you contact your Local Member of Federal Parliament to let them know how this has affected you – http://www.aph.gov. au/About_Parlia.../House_of_Representatives
- Lifeline 13 11 14 a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

You can share nyour experiences with the new system on Facebook Twitter and Instagram using the hashtag #notmydebt. You can also post your stories on the Not My Debt site: http://www.notmydebt.com.au/

The government has a duty of care towards people who call on it for support, especially those on low incomes.

JAMIE'S MINISTRY OF FOOD

The Mobile Kitchen has arrived locally for the next leg of its ongoing Queensland tour.

Jamie's Ministry of Food Australia is delivered by The Good Foundation and supported by Stockland while in Newport. Queensland Health provides funding to The Good Foundation to support the delivery of the program throughout Queensland.

Participants of the program will learn to cook via a hands-onexperience led by Jamie's Ministry of Food – Food Trainers assisted by local volunteers.

Jamie's Ministry of Food Mobile Kitchen, the first of its kind, opened in Queensland in January 2012 and since then has been teaching Queenslanders how to cook from scratch using fresh food.

Results from a comprehensive evaluation of the program conducted by Deakin University and University of Melbourne showed participants who complete the course increased their vegetable

consumption, were more confident in cooking meals from scratch and spent less money on take away foods.

Classes cost \$20 per session; \$15 for student card holders and \$10 for concession. Bookings are open now and can be booked through www. jamiesministryoffood.com

Jamie's Ministry of Food is based on Jamie Oliver's belief that knowing how to cook healthy food from scratch is one of the best things you can do for your health, happiness and finances.

The Good Foundation is a notfor-profit organisation which has partnered with Jamie Oliver and principal partner, Woolworths to deliver Jamie's Ministry of Food throughout Australia. Queensland Health has committed funding to The Good Foundation to support the delivery of the program in Queensland. The Good Guys, founding partner of Jamie's Ministry of Food Australia, is proud to support the program which is helping to build healthier and happier communities.

The kitchen is located at Stockland Newport, corner of Griffith Road and Boardman Road. Classes began on Monday 16th January 2017 and run for 10 weeks.

For more information visit www.jamiesministryoffood.com.au



Renee Truscott - Mobile Kitchen Manager, Jamie's Ministry of Food Australia, Ricky Stainkey - Stockland Development Manager and Rhiannon Mack - Food Trainer for Jamie's Ministry of Food Australia check out the local digs.





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HADRON COLLIDER STEP INSIDE THE WORLD'S GREATEST

EXPERIMENT

 $B^{\text{ack in December Queensland Museum opened a new}} \\ \text{Exhibition that gives visitors a tremendous opportunity}$ to experience the power of science.

Hadron Collider: Step inside the world's greatest experiment, unveils the inner workings of the world's largest and most powerful particle accelerator.

Hadron Collider: Step inside the world's greatest experiment (9 December - 25 April) provides a behind-the-scenes look into the particle physics lab at the European Organisation for Nuclear Research (CERN) in Switzerland.

CERN's Large Hadron Collider is the world's largest and most powerful particle accelerator. It consists of a 27 kilometre ring of superconducting magnets that was built by more than 10,000 physicists and engineers from 100 countries, and is known globally for proving the existence of the Higgs boson.

Queensland Museum CEO Professor Suzanne Miller, recently additionally appointed to the role of Chief Scientist for Oueensland in 2017, said Hadron Collider: Step inside the world's greatest experiment honoured the work of thousands of scientists in helping to understand the building blocks of life.

"This amazing immersive exhibition, developed by the Science Museum in London, uses tangible elements to help explain particle physics and quantum mechanics - the science of the truly tiny," Ms Miller said.

"Visitors can talk to virtual scientists, walk the tunnels of CERN, explore the control room and stand in the heart of a particle collision to relive an historical moment of scientific discovery.

"Science is exciting. It is a way of discovering what's in the



universe, how it worked in the past, today, and how it will likely work in the future."

"The Large Hadron Collider has captured people's imaginations like few other experiments, and we are delighted to offer our visitors the chance to see the project through the eyes of the scientists behind its design and operation."

Hadron Collider: Step inside the world's greatest experiment is on at Queensland Museum until 25 April 2017. Level 3, Queensland Museum, Cnr Melbourne & Grey Streets, South Bank, Brisbane.

Tickets are on sale now through QTIX or by calling 13 62 46. Tickets cost: Adults \$15, Children \$12, Concession \$13.50, Family (2 adults and up to 4 children) \$45.

The actual Hadron Collider. Image courtesy of CFRN





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COUNCIL NEWS WITH JULIE GREER

Find me on



Representing North Lakes, Mango Hill, Griffin and parts of Kallangur and Deception Bay

Happy New Year to everyone,

Welcome to 2017. I hope everyone had a wonderful festive season. 2016 was a big year for Division 4 with the opening of the Moreton Bay Rail Link and IKEA (just to name a couple) and I am sure 2017 will bring more exciting projects. I am looking forward to continuing working with the local Division 4 community to ensure it remains a safe and happy environment for everyone.

2017 Library Visits

My first visit to the North Lakes Library will be on visit in February. Come along if you would like to meet me or have any Council issues you would like to discuss with me.

New Mango Hill Boulevard Bridge Open

The new Mango Hill train station and surrounding neighbourhoods is now far easier for residents to access, with the kilometre-long Mango Hill Boulevard Bridge opened to traffic on Monday 23 January just in time for the start of the school year.

The Mango Hill Boulevard Bridge is one of 22 bridge and road structures delivered through funding provided by Council as a partner in the Redcliffe Peninsula Line. The new bridge provides an important link from the eastern side of the new rail line to the west.

This will not only cut travel time for people who live in the local area, but will also help to reduce traffic on Anzac Avenue.

Brumby Parade Park North Lakes

Council will be carrying out works in coming weeks at Brumby Parade Park to install a shade structure over the existing BBQ. Works are scheduled to commence mid February 2017 and are expected to be complete within 2 weeks, weather permitting. I am pleased this project is about to commence as it is a direct request from local residents and will provide much needed shelter for residents and visitors while enjoying the parks facilities.

Mosquito Update

Council is continuing its aerial treatment program

for mosquitoes as ideal conditions trigger saltmarsh mosquito larvae to hatch. Council's aerial treatment program targeted more than 2500 hectares of saltmarsh areas across the region (including Deception Bay, Griffin and Mango Hill) on January 14 and 15, treating saltmarsh mosquito larvae before they pupate.

The treatments coincide with ongoing on-ground treatments across council's parks, recreations and reserves and earlier aerial programs which occurred throughout December and on January 3 and 5.

Wednesday 1 March from 10am - 11am. There will be no Most mosquitoes however breed in backyards and residents are encouraged to help combat mosquitoes in and around the home by taking five minutes to empty any containers that may carry stagnant water, make sure their pool remains chlorinated and regularly apply mosquito repellent. Residents can also opt for outdoor barrier treatments available at hardware stores to treat for adult mosquitoes.

Community Grants Program

If you're a sporting or community group or an individual making a difference, then you may be eligible for a Moreton Bay Regional Council community grant. The next round of grant applications opens on 1 February 2016 and submissions must be lodged by 31 March 2016. Application and quidelines are available at www. moretonbay.qld.gov.au.

Come along to one of the information workshops on Wednesday 8 February 2017, 10am - 12 noon at the North Lakes Community Centre, 10 The Corso, North Lakes to find out how you or your organisation can benefit.

Julie Greer, Councillor for Division 4 Moreton Bay Regional Council.

PO Box 159 CABOOLTURE OLD 4510. Council: 3480 6666. Office: 3480 6705. Mobile: 0409 274 517. Email: Julie.greer@moretonbay. qld.gov.au.

FOR 24 HR EMERGENCY ASSISTANCE FROM COUNCIL CALL 3480 6666.

Upcoming Events

gov.au to start exploring the Moreton Bay Region.

Saturday 25 February 2017 **North Lakes Movie** in the Park 4pm - 8.30pm North Lakes Town Common. Little **Burke Street** & Endeavour **Boulevard North** Lakes

Come along to this great FREE family event. There will be loads of free pre-movie entertainment with the feature film "Alice Through the Looking Glass " commencing at 7pm. Fundraising sausage sizzle. popcorn and fairy floss will be available for purchase so bring your family, chairs and picnic blanket for a fun night.





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SCRATCHES, SMALL DENTS, ALLOY WHEEL DAMAGE, BUMPER SCUFFS

SHE ALWAYS FINDS A WAY TO CREATE DRAMA

Hi Leonie,

I have been listening to your radio spot lately and reading Please hear me when I say that you can't the Messenger for years and girl I love your work. I feel that I can ask you about my issue with a friend and hope it gets published in the Messenger Mag.

I have a very dear friend who I first met in Melbourne at our private school. We were both newbie's and clung together like sisters. We are both in our thirties now and whilst I am happily married to my first and only boyfriend and have two children, she has been bouncing between long and short term relationships since high school.

I would like to say that all these guys she has been with were losers but it's not the truth. Most were just wonderful but she always found fault with them and went out of her way to create drama.

My friend is a lovely person with so many good qualities but every time she breaks up with someone she is a whinging misery guts and won't talk about anything else. I am exhausted with her, my husband is exhausted with her and things between my husband and her are very tense and close to complete fallout. Her family are all still can't be available 24/7 as her therapist. in Melbourne and I am really all she has.

My husband says he only married me and didn't sign up for this constant carry on from her. He has called her on her crap and now I find that instead for coming around she is constantly on the phone rehashing the same old stuff over and over. She doesn't listen to any feedback and just keeps talking.

I just don't feel I can do it anymore. I have a husband, a job and two children to care for. She often rings at dinner or during prep time for dinner and at all hours in the evening like when we sit down to watch telly. I don't want to lose my friend but this just can't go on as its wrecking my marriage.

We never fight much but lately she is the hot topic of all our fights because we have no "us" time in the evenings. How Be empathetic to her situation and her can I get her to change and get on with her life?

Meg/Murrumba Downs

Hi Meg,

get her or anyone else to change. She has to work on her own issues and no amount of you working on her behalf is going to facilitate change. What you are doing is giving her an audience to project her thoughts, feelings, anger and injustice upon. What you can do is change your behavours regarding your friends use of your time together and draw some fair but strict boundaries around you, your home and your family commitments.

I would advise that you have an open and transparent conversation with your friend and let her know that her constant complaining about her love life is: 1: not helping her and may actually be delaying her recovery and 2: damaging your friendship to the point that you are going to have to make some hard decisions if things don't change. Tell her that you have a family, work and child care commitments and

Let her know that you love her and value the friendship and this is why you are talking to her straight rather than just screening her calls or being unavailable. Perhaps suggest that you see a pattern of behavour that has gone on for years and that she may benefit from getting professional input to help her identify why she is caught in these negative relationship loops.

You might also try to involve her in mutually rewarding activities like going to the gym and practice distracting her when she keeps steering the conversation back to her ex by introducing a new topic.

loneliness and remember that not everyone is lucky enough to fall and stay in love with their high school sweetheart.

Til next week. Leonie



AROUT I FONIF

Leonie Scilling is a qualified counsellor, Trainer and published Assessor, Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.

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AUSTRALIAN ORGAN DONORS SAVING MORE LIVES

WRITES DR ANITA GREEN, BRISBANE NORTH PHN

A record number of Australian lives were saved last year thanks to a 16 per cent surge in deceased organ donations, with more than 500 donors giving the gift of life.

The Federal Government announced earlier this month that 1448 Australians received a transplant from a deceased donor in 2016, reflecting a 17 per cent increase in the number of lives saved.

Assistant Health Minister Ken Wyatt said last year also saw the second highest number of living donors since 2010.

"In 2016, 267 people received a living donation compared with 245 in 2015, an increase of nine per cent," Mr Wyatt said.

"This includes the 44 transplants under the Australian Paired Kidney Exchange Program," he said.

A living donor is someone who donates a kidney or partial liver to another person. Usually this is to a relative or close friend who has end stage kidney disease or liver failure.

Organ and tissue donations can save and significantly improve the lives of people who are sick or dying and for many, organ transplantation is their only hope for a healthy life.

One organ or tissue donor can transform the lives of 10 or more people, but around 1600 people are on the transplant list at any one time.

According to Transplant Australia, the majority of Australians (76 per cent) are willing to become organ and tissue donors.

But for organ donation to be possible the

donor must die in hospital under specific circumstances and currently only one per cent of deceased persons meet this criteria.

Note that medical staff will do everything possible to save lives. Their first duty is to their patient and saving their life.

Organ and tissue donation will only be considered after all efforts fail and the patient has been legally declared dead.

It is also important to remember that the family of every potential donor will be asked to confirm the donation decision of their loved one before organ and tissue donation for transplantation can proceed.

"The decision to donate is one of the most selfless acts not only for the person receiving a lifesaving transplant but their families, friends and the communities they live in," Mr Wyatt said.

"By registering on the Australian Donor Register you are letting your family know your intentions at an incredibly difficult time.

"That's why it's crucial that we talk together and raise awareness and acceptance of organ and tissue donation and continue to increase national consent rate in 2017 and beyond," he said.

Almost everyone can help others through organ and tissue donation and, while age and medical history will be a consideration, no one should just assume they are too young, old or not healthy enough to become a donor.

Transplant Australia debunks many of myths on its website that tend to discourage organ donation, including the fiction that the family of the deceased won't be able to view the body or have an open casket at the funeral.

In reality, the removal of organs and tissues does not alter the physical appearance of the body. The process is no different from any other surgical operation and is performed by highly skilled professionals who treat the body with dignity and respect.

For more information on organ donation or to become a donor, visit www.donatelife.gov.au.

One organ or tissue donor can transform the lives of 10 or more people, but around 1600 people are on the transplant list at any one time

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved.

allied health professionals, and is involved in teaching and research at the University of Queensland.



AVERAGE QUEENSLAND ADULT HAS 15KG TO LOSE

he Chief Health Officer's latest I report revealed the average Queenslander gained one kilo every three to four years over the past decade - one in four gained weight in the previous year alone.

Cancer Council Queensland spokesperson Katie Clift said the new year was a great opportunity for Queenslanders to think differently about health and weight loss.

"Oueenslanders don't need a revolutionary New Year's Resolution or dramatic change to their diet or exercise habits to get healthy," Ms Clift said.

"Avoiding weight gain is a challenge for many Queenslanders - Cancer Council works hard to make the healthy choice the easy choice, to help people achieve sustainable lifestyles.

"Encouragingly, the data shows twothirds of Queensland adults have taken action to either lose weight or to prevent weight gain in the past 12

months.

"About 45 per cent of Queenslanders work to lose weight by reducing portion sizes, and 40 per cent increase physical activity.

"Small bursts of incidental activity can make a big difference to overall health - gardening, walking to work and playing outdoors with the kids, for example.

"There are great gains to be made with small increases in activity and slight adjustments to the daily diet."

The research also found attitude played a strong role in getting healthy - adults who believed in a benefit from weight loss were more likely to actively manage their weight.

"We're working hard to help Queenslanders change their attitude to weight loss and wellbeing," Ms Clift

"The benefits to losing weight are an increased sense of wellbeing, greater health and reduced risk of a range of chronic diseases, including some cancers.

"Make a commitment to small changes for your health in 2017 helping you to lose weight, and keep it off in the long term."

More information about Cancer Council Queensland is available on 13 11 20 or cancerqld.org.au.



Overweight and obese Queensland adults need to collectively lose 35.5 million kilos, an average of 15kg per person, to reach the healthy weight range - new data has found.



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YOUR STARS





Aquarius Jan 21-Feb 19: New life will be brought to a dwindling prospect. Yes, it's still a long shot, but at least there is still something to shoot for.



Pisces Feb 20-March 20: How is it that every disaster thrown your way only seems to improve your standing? Clearly you're more resilient than you give yourself credit for.



Aries March 21-April 20: Careful with how you word things today because something that's important in your message could get lost in translation.



Taurus April 21-May 21: Don't assume you're on the same page. You may be papering over the cracks of a united front that isn't so united.



Gemini May 22-June 21: Thankfully someone puts the right spin on what you say. Be generous in your thanks and praise because it could have gone south very quickly.



Cancer June 22-July 23: People try to act like what went down isn't a big deal, but everyone knows it is. You need to explain the situation so it never happens again.



Leo July 24-Aug 23: Review the sums and you'll see you've incurred an extra charge incorrectly. Bring this up politely and it will be taken care of discretely.



Virgo Aug 24-Sept 23: You receive a reimbursement but you're not sure what it's for. Deposit the check first then ask questions later.



Libra Sept 24-Oct 23: You hate to play dumb, but certain people need the ego strokes. Let them think they're coming up with all the bright ideas.



Scorpio Oct 24-Nov 22: It's true that progress is glacial, but even slow boats eventually get to their destination.



Sagittarius Nov 23-Dec 21: You're ready for better things. Weather it's a change of address or whatever it may be, you're definitely moving up in the world.



Capricorn Dec 22-Jan 20: you're stressed when you're under worked and you're stressed when you're over burdened. You need to decide which it's going to be because you can't have it both ways.









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6.00 PAW Patrol. 6.30 Dora. 7.00 Weekend Today. 10.00 Today Extra Summer. (PG) 12.00 Cybershack. (PG) 12.30 Nine Presents. 12.40 Movie: It Runs In The Family. (PG) (1994) 2.30 House Husbands. (PG) 3.30 House Husbands. (PG) 4.30 The Gurus Explore Canada. 5.00 News. 5.30 Customs. (PG) 6.00 Nine News. 7.00 Movie: Grease. (PG) (1978) John Travolta. 9.20 Movie: Footloose. (M) (2011) Julianne Hough, Dennis Quaid, Kenny Wormald. A teenager challenges a music ban. 11.40 Movie: A Few Best Men. (MA15+) (2011) Xavier Samuel. 1.30 Anger Management. (M) 2.00 TV Shop. 2.30 Movie: Dr Jekyll And Sister Hyde. (M) (1972) 4.30 Global Shop. 5.00 Extra. 5.30 Wesley Impact.

GO!

6.00 Children's Programs. 10.30 Teen Titans. (PG) 11.00 Heidi. 11.30 Captain Flinn. 12.00 Move It. 12.30 SpongeBob. 1.00 Sonic Boom. (PG) 1.30 Power Rangers Dino. (PG) 2.00 Clarence. (PG) 2.30 Wild Kratts. 3.00 Gumball. (PG) 3.30 We Bare Bears. (PG) 4.00 Justice League Unlimited. (PG) 4.30 Movie: Dino Time. (G) (2012) 6.10 Movie: Joseph: King Of Dreams. (G) (2000) 7.40 Movie: Superman IV: The Quest For Peace. (PG) (1987) 9.30 Gotham. (MA15+) 11.30 Adult Swim. (M) 12.00 The Venture Bros. (MA15+) 12.30 Constantine. (M) 2.30 Surfing Australia TV. 3.00 Power Rangers Dino. (PG) 3.30 SpongeBob. 4.00 Wild Kratts. 4.30 Gumball. (PG) 4.50 Thunderbirds. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Bewitched. 10.30 Cycling. Elite Women's Road Race. 2.00 Beretts' Tour De Cure: 10 Years. 3.00 Luxury Escapes. (PG) 3.30 Better Homes And Gardens Summer. 4.30 News. 5.00 Creek To Coast. 5.30 Qld Weekender. 6.00 News. 6.30 Tennis. Australian Open. Day 13. Women's singles final and men's doubles final. 9.30 Movie: Immortals. (MA15+) (2011) Henry Cavill, Mickey Rourke, Freida Pinto. A tyrant tries to free the Titans. 11.40 The Goldbergs. (PG) 12.10 The Goldbergs. (PG) 12.10 The Goldbergs. (PG) 12.40 Dr Oz. (PG) 1.35 Harry's Practice. 2.00 Shopping. 4.00 It is Written. (PG) 4.30 Sons And Daughters. (PG) 5.00 Sons And Daughters. (PG) 5.30 Harry's Practice.

7TWO

6.00 Shopping. 8.00 House Calls To The Rescue. 9.00 Room For Improvement. 10.00 House Doctor (A To Z Of Design) 10.30 House Hot Property. 11.30 Best Houses Australia. 12.00 The Travel Bug. (PG) 1.00 BYO Kitchen. 1.30 Out Of The Blue. 2.00 Creek To Coast. 2.30 Qld Weekender. 3.00 The Great Australian Doorstep. (PG) 3.30 Before And After. 4.00 No Reservations. (PG) 5.30 Australian Open: Preview Show. 6.30 Nabbed. (PG) 7.00 Some Mothers Do 'Ave 'Em. (PG) 7.45 One Foot In The Grave. (PG) 8.30 Escape To The Country. 9.30 Blue Murder. (M) 10.45 Citizen Khan. (PG) 11.15 To Be Advised. 12.00 No Reservations. (PG) 1.00 Psychic TV. (M) 4.00 Late Programs.

TEN

6.00 Fishing Edge. 6.30 Everyday Gourmet. 7.00 IFish Summer. 8.00 Family Feud. 8.30 Jamie's 15-Minute Meals. 9.00 Crash The Bash. Final. 9.30 St10. (PG) 12.00 The Home Team 12.30 Cricket. Women's Big Bash League. Final. 4.00 News. 5.00 The BBL Big Show. 6.00 Cricket. Big Bash League. Final. 9.40 MacGyver. (M) MacGyver goes undercover as an inmate in a maximum security prison, in order to help break out a drug lord. 10.40 Elementary. (M) Holmes and Watson join the manhunt after two paramedics are killed during a kidnapping. 11.40 48 Hours. (M) A look at the case of Sheila Graham-Trott. 12.40 48 Hours. (M) 1.30 Shopping. 4.30 It Is Written. (PG) 5.00 Hour Of Power.

ONE

6.00 Home Shopping. 8.00 Get Smart. (PG) 9.00 World Sport. 9.30 Operation Repo. (PG) 10.00 Hogan's Heroes. 11.00 Star Trek: The Next Generation. (PG) 12.00 Highlander. (PG) 1.00 MacGyver. (PG) 2.00 Monster Jam. 3.00 The Offroad Adventure Show. 4.00 Pat Callinan's 4x4 Adventures. 5.00 M*A*S*H. (PG) 5.30 iFish Summer Series. 6.00 Freddie Flintoff: Lord Of The Fries. (PG) 7.00 Attenborough's The Life Of Mammals. 8.00 Attenborough's Tiger: Spy In The Jungle. (PG) 9.00 48 Hours. (M) 10.00 Undercover Boss. (PG) 11.00 Moments Of Impact. (PG) 12.00 The Glades. (M) 1.00 Bellator MMA. (M) 3.15 RPM: Summer Series. 4.15 Monster Jam. 5.15 World Sport. 5.30 Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) 10.30 Rage:
Retro Month. (PG) 11.35 Auction
Room. 12.05 Tony Robinson's
Time Walks. (PG) Final. 12.35 QI.
(PG) 1.05 Vera. (M) 2.35 Movie:
Satellite Boy. (PG) (2012) David
Gulpilil, Cameron Wallaby, Joseph
Pedley. An Aboriginal boy embarks
on an epic quest. 4.05 Australia:
Land Of Parrots. 5.00 Rick Stein:
From Venice To Istanbul. 6.00
Anh's Brush With Fame. (PG)
7.00 ABC News. 7.30 Movie:
Agatha Raisin: The Quiche Of
Death. (PG) (2014) Ashley Jensen,
Oliver Lansley, Mathew Horne. A
public relations agent finds herself
implicated in a murder involving
a poisoned quiche. 9.05 Sherlock.
(M) Final. 10.35 Foyle's War. (M)
Final. 12.05 Rage: Retro Month.
(MA15+) 5.00 Rage. (PG)

ABC₂

6.00 Children's Programs. 5.40
Peppa Pig. 5.45 Dinosaur Train.
6.00 Ben And Holly. 6.15 The
Hive. 6.25 Octonauts. 6.35
Peter Rabbit. 6.50 Shaun The
Sheep. 6.55 Peppa Pig. 7.05
Octonauts And The Mariana
Trench Adventure. 7.30 Spicks
And Specks. (PG) 8.00 It's A Date.
(PG) 8.30 Penn & Teller: Fool Us.
(PG) 9.10 Live At The Apollo. (M)
9.55 Comedy Next Gen. (MA15+)
10.55 Black Books. (PG) 11.20 Archer.
(M) 12.15 twentysomething.
(M) 12.45 twentysomething. (M)
1.15 Portlandia. (M) 1.45 News
Update. 1.50 Close. 5.00 Babar:
Adv Of Badou. 5.20 Angelina
Ballerina: The Next Steps. 5.35
Toby's Travelling Circus. 5.45
The WotWots.

SRS

6.00 WorldWatch. 12.00 Arabic News. 1.2.30 Turkish News. 1.00 PSS News. 2.00 Small Business Secrets. 2.30 Figure Skating. ISU Grand Prix Grand Final. Men's Singles and Dance competitions. 3.30 Alexander's Lost World. (PG) 4.30 Treasures Of Ancient Egypt. 5.30 Bon Appetit! Gérard Depardieu's Europe. (PG) 6.30 SBS World News. 7.35 Hitler's Secrets. (PG) 8.30 Movie: Atonement. (M) (2007) 10.40 Undressed. 11.10 Undressed. 11.15 Rockwiz. (PG) 12.30 Vive Cool City. (MA15+) 1.00 Cycling. UCI Cyclo-Cross World Championship. 2.00 Movie: All That Glitters. (M) (2010) 3.50 Mad Men. (M) 4.45 Free Kick. (M) 5.00 CCTV English News. 5.30 NHK World English News. 5.45 France 24 Feature.

SBS VLND

6.00 WorldWatch. 11.00 Japanese News. 11.35 Punjabi News. 12.05 Hindi News. 12.05 Dutch News. 10.00 Soccer. A-League. Round 17. Newcastle Jets v Melbourne City. Replay. 3.10 Ninja Warrior Sweden. 4.00 VICE News Tonight. 4.30 VICE News Tonight. 4.55 VICE. (M) 5.25 VICE. (M) 5.55 The Last Lesbian Bars. (PG) 6.25 Camel Beauty Pageant. (M) 6.50 Dead Set On Life. 7.20 If You Are The One. 8.30 Movie: Alien: Resurrection. (MA15+) (1997) 10.30 Movie: Cat People. (MA15+) (1982) 12.40 Big Night Out. 1.35 Teen Exorcists. (M) 2.05 F*ck That's Delicious. 2.30 Black Market: Dispatches. (M) 3.05 365: Every Day Docos. 3.10 NHK World English News. 5.00 Korean News. 5.30 Indonesian News.

AUSTAR.

MOVIES 8.30pm Pitch Perfect 2 (2015) Comedy. Anna Kendrick, Rebel Wilson. (M) Comedy 10.25pm Burnt (2015) Drama. Bradley Cooper, Sienna Miller. (M) Premiere

10.30pm Black Swan (2010) Thriller. Natalie Portman, Mila Kunis. (MA15+) Masterpiece GENERAL

7.30pm Doc Martin.
(PG) UKTV
9.00pm Young &
Hungry. (M) FOX8
10.30pm Adam
Hills: Happyism.
(MA15+) Comedy
Channel
DOCUMENTARY

6.20pm The House That 100K Built. Lifestyle Home 7.30pm Where The Wild Men Are With Ben Fogle. (M) BBC

Wild Men Are With Ben Fogle. (M) BBC Knowledge SPORT 7.00pm Cricket. One-day Internationa

One-day International Series. South Africa v Sri Lanka. Game 1. Fox Sports 2 8.00pm Golf. European PGA Tour. Qatar Masters. Third

Qatar Masters. Third round. Fox Sports 1 9.30pm Basketball. NBL. Round 17. Perth Wildcats v Melbourne United. Fox Sports 3 10.55pm Soccer. FA Cup. Fourth Round. ESPN2

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



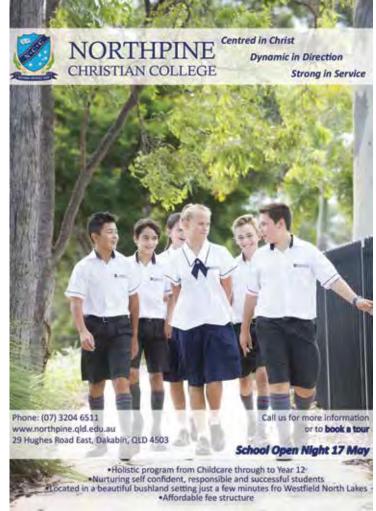
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6.00 PAW Patrol. 6.30 Dora. 7.00 Weekend Today. 10.00 My Surf TV. 10.30 World's Best Beaches. 11.30 The Wildlife Man Featuring David Ireland. (PG) 12.30 Movie: A Home Of Our Own. (PG) (1993) 2.40 Movie: The Triumph Of Love. (PG) (2001) Mira Sorvino. 5.00 News. 5.30 Customs. (PG) 6.00 Minutes. 8.00 Lethal Weapon. (M) New. 9.00 Movie: American Sniper. (MA15+) (2014) Bradley Cooper, Sienna Miller, Kyle Gallner. A Navy SEAL saves lives on the battlefield, but when he returns home he has trouble leaving war behind. 11.45 Public Morals. (M) 12.40 The Last Ship. (M) 1.30 Avengers. (PG) 2.30 Global Shop. 3.00 The Baron. (PG) 4.00 GMA. 5.00 News. 5.30 Today.

GO!

6.00 Children's Programs. 12.00 LEGO Friends. 12.30 SpongeBob. 1.00 Sonic Boom. (PG) 1.30 Power Rangers Dino. (PG) 2.00 Yu-Gi-Oh! (PG) 2.30 Yu-Gi-Oh! (PG) 3.00 Gumball. (PG) 3.30 We Bare Bears. (PG) 4.00 Ninjago: Masters Of Spinjitzu – Day Of The Departed. (PG) 5.00 Ben 10. (PG) 5.30 Thunderbirds Are Go. (PG) 6.00 Movier: Big Top Scooby-Doo! (PG) (2012) 7.40 Movie: Wayne's World. (PG) (1992) 9.40 Movie: Spaceballs. (PG) (1992) 9.40 Movie: Spaceballs. (PG) (1992) 11.40 Adult Swirm. (M) 12.10 The Venture Bros. (MA15+) 12.40 Car SOS. (PG) 1.35 Surfing Australia TV. 2.00 Power Rangers Dino. (PG) 2.30 Yo-Kai. (PG) 3.00 Yu-Gi-Oh! (PG) 3.30 SpongeBob. 4.00 Wild Kratts. 4.30 Gumball. (PG) 4.50 Thunderbirds. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Dr Oz. (PG) 7.00 Weekend Sunrise. 10.00 Cycling. Cadel Evans Great Ocean Road Race. 3.00 Tennis. Australian Open. Day 14. Mixed doubles final. 5.00 Border Security. (PG) 5.30 Great South East. 6.00 News. 6.30 Tennis. Australian Open. Day 14. Men's final. 9.30 Movie: The Net. (M) (1995) Sandra Bullock, Jeremy Northam, Dennis Miller. A software tester's life is threatened after she uncovers a conspiracy involving top-secret government files. 12.00 The Big Adventure. (PG) Hosted by Jason Dundas. 1.00 Harry's Practice. Dr Harry visits a terrier. 1.30 Harry's Practice. Information about pet care. 2.00 Shopping. 3.30 Harry's Practice. 4.00 NBC Press. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. 6.30 Amazing Facts. (PG) 7.00 Tomorrow's World. (PG) 7.30 Leading The Way. (PG) 8.00 David Jeremiah. (PG) 8.30 It Is Written. (PG) 9.00 Inside Volleyball. 9.30 Home And Away. (PG) 11.00 The Great Outdoors. 12.00 The Art Of The Architect. 3.00 The Food Trail. 4.00 Annabel Langbein: The Free Range Cook. 4.30 Cook Me The Money. (PG) 5.30 Tennis. Australian Open. Day 14. Mixed doubles final. 6.30 Dog Patrol. (PG) 7.00 Border Security: International. (PG) 7.30 Border Security USA. (PG) 8.00 Border Patrol. (PG) 8.30 Escape To The Country. Presented by Jules Hudson. 9.30 The Art Of The Architect. 10.30 Original Features. 11.30 Storage Hoarders. 12.30 Late Programs.

TEN

6.00 Mass. 6.30 Hillsong. 7.00 Joseph Prince. 7.30 Joel Osteen. 8.00 GCBC. 8.30 Everyday Gourmet. 9.00 Animal Extra. 9.30 St10. (PG) 12.00 All 4 Adventure. 1.00 The Offroad Adventure Show. 2.00 4x4 Adventures. 3.00 ifish Summer. 4.00 Seafood Escape With Andrew Ettingshausen. 4.30 RPM: Summer Series. 5.00 News. 6.00 Family Feuë: Sunday, 6.30 Bondi Rescue. (PG) Return. 7.00 I'm A Celebrity... Get Me Out Of Here! Return. Hosted by Julia Morris and Dr Chris Brown. 8.30 Movie: The Second Best Exotic Marigold Hotel. (PG) (2015) Judi Dench, Bill Nighy. 10.55 48 Hours. (M) 11.00 Shopping. 4.00 My Market Kitchen. 4.30 CBS Morning.

ONE

6.00 Shopping. 8.00 Cricket. Big Bash League. Final. Replay. 12.00 World Sport. 12.30 Operation Repo. (PG) 1.00 Monster Jam. 3.00 Adelaide Motorsport Festival. 4.00 4WD Touring Australia. 5.00 Swimming. Champions of the Rottnest Channel. Replay. From Western Australia. 5.30 iFish Summer Series. 6.00 Family Feud: Sunday. 6.30 M*A*S*H. (PG) 7.30 Numb3rs. (W) 8.30 Attenborough's Tiger: Spy In The Jungle. (PG) 9.30 Movie: Fight Club. (MA15+) (1999) Edward Norton, Brad Pitt, Helena Bonham Carter, Jared Leto. 12.20 The Americans. (MA15+) 1.20 World Sport. 1.50 RPM: Summer Series. 2.20 Operation Repo. (PG) 3.20 Monster Jam. 5.20 World Sport. 5.30 Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) 7.00 Weekend Breakfast. 10.00 Offsiders: Summer Edition. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 A Taste Of Landline. 12.30 Back Roads. 1.00 Antiques Roadshow. 2.00 Soccer. W-League. Round 14. Adelaide United v Sydney FC. 4.30 Movie: Agatha Raisin: The Quiche Of Death. (PG) (2014) Ashley Jensen, Oliver Lansley. 6.00 Tomorrow When The War Began. (PG) 6.50 Shaun The Sheep. 7.00 ABC News Sunday. 7.40 Grand Designs. 8.30 Midsomer Murders. (M) 10.00 London: The Modern Babylon. (M) 12.10 The Tunnel. (MA15+) 1.00 Rage. (MA15+) 3.00 Midsomer Murders. (M) 4.30 New Inventors. 5.00 Politics Unearthed. 5.30 World This Week.

ABC2

6.00 Children's Programs. 3.05 Mister Maker. 3.30 Play School. 4.00 Bananas In Pyjamas. 4.10 Miffys Adventures Big And Small. 4.20 Q Pootle 5. 4.30 Wiggle Town. 4.35 Olivia. 4.50 Hoopla. 5.00 Thomas. 6.00 Ben And Holly. 6.15 The Hive. 6.25 Octonauts. 6.35 Peter Rabbit. 6.50 Shaun The Sheep. 7.05 Charlie And Lola. 7.30 Spicks And Specks. 8.00 It's A Date. (M) (2004) 10.05 Louis Theroux: Miami Mega Jail. (M) 11.05 Secrets Of The Living Dolls. (MA15+) 11.55 Artifact. (M) 1.30 Wild Things With Dom Monaghan. (PG) 2.15 News Update. 2.20 Close. 5.00 Babar: Adv Of Badou. 5.20 Angelina Ballerina: The Next Steps. 5.35 Rastamouse. 5.45 Chuggington.

SBS

6.00 WorldWatch. 12.00 Speedweek. 2.00 Basketball. NBL. Round 17. Sydney Kings v New Zealand Breakers. 4.00 Arabic News. 4.30 Turkish News. 5.00 Small Business Secrets. 5.30 WWII Air Crash Detectives. (PG) 6.30 SBS World News. 7.30 Cleopatra's Lost Tomb. (PG) 8.30 Egyptian Vice. 9.20 Chasing Pluto. 10.20 Weirdest Weather In The Universe. 11.20 Operation Grand Canyon With Dan Snow. (PG) 12.25 Baisikeli. 1.00 Cycling. UCI Cyclo-Cross World Championships. Highlights. From Luxembourg. 2.30 Movie: Amreeka. (M) (2009) 4.15 Food Lover's Guide. 4.50 Gourmet Farmer Afloat Bitesize. 5.00 CCTV English News. 5.30 NHK World English News. 5.45 WorldWatch.

SBS VLND

6.00 WorldWatch. 9.00 PopAsia.
10.00 WorldWatch. 1.00 VICE
News Tonight. 1.25 VICE News
Tonight. 1.50 Battle For Money.
3.50 United Shades Of America.
(PG) 4.35 Community. (PG) 5.00
Community. (PG) 5.30 Stacey
Dooley In The USA. (PG) 6.25
Vs Arashi. 7.20 If You Are The
One. 8.30 VICE. (MA15+) 9.05
VICE. (PG) 9.35 Drunk History.
10.05 Drunk History. 10.30 Full
Frontal. (M) 11.00 South Park.
(M) 11.25 Road To Mosul. 12.15
Gaycation. 1.05 VICE. (MA15+)
1.35 VICE. (PG) 2.10 Black
Market: Dispatches. (M) 2.35
France 24 News In English From
Paris. 3.00 Thai News. 3.30 Bangla
News. 4.00 Punjabi News. 4.30
Sri Lankan Sinhalese News. 5.00
Korean News. 5.30 WorldWatch.

AUSTAR.

MOVIES

6.20pm The Best Exotic Marigold Hotel (2011)
Comedy. Judi Dench,
Bill Nighy. (PG) *Masterpiece*

8.30pm London Has Fallen (2016) Adventure. Gerard Butler, Aaron Eckhart. (MA15+) Premiere 9.15pm Mrs Doubtfire (1993)

9.15pm Mrs Doubtfire (1993) Comedy. Robin Williams, Sally Field. (PG) Family GENERAL

7.30pm Whose Line Is It Anyway? Australia. (MA15+) Comedy Channel 7.30pm Let It Shine. (PG) UKTV

8.30pm The Exorcist. (MA15+) Showcase

6.30pm Yukon Vet. (PG) National Geographic People 7.30pm Blowing Up History. (PG)

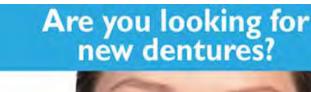
Discovery
SPORT
2.30pm Soccer.
W-League. Round
14. Adelaide United
v Sydney FC. Fox
Sports 4

3.00pm Basketball.NBL. Round 17.
Sydney Kings v New
Zealand Breakers. Fox

5.00pm Soccer.A-League. Round 17.
Adelaide United v
Wellington Phoenix.
Fox Sports 4

Classifications: (P) Preschoolers (Q) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.









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WHAT'S ON

They shall not go unnoticed

No roll of drums, no big parades, no fame or fortune, accolades, No Icons, Legends, what comes next? They're seldom twittered, seldom text.

They run our shops, The Op and Tuck, if they're your kin, well half your luck,

Run Soup Kitchens, and Service Clubs, they'll fight in fires, but rarely pubs.

They're S.E.S, they're Ambos, Police, They're ADF, they keep the peace, They may be paid or volunteers, I'll pull up there, could go for years, What Life throws up, they sit the test, they try to be their very best, With helping hand, and loving touch, make time to care, it don't take much.

The point my friends, I'm trying to make, as people go, these take the cake.

They could be old they maybe young, salt of the earth, Heroes Unsung.

Long John Best

Paying it Forward

I just wanted to publicly thank the wonderful gentleman who came to my rescue at 6am this morning.

It's not really an exciting story.... I ran out of petrol (and money) at 2am driving my distraught daughter home from her sleepover because she wasn't feeling well and wanted her mum.... luckily we were a 10 minute walk from home so we walked home.

I tried to get help to get my car off the road at least but at that time of night everyone I know was asleep. Anyway later this morning the Traffic police called me to say they could get me a tow to safety so I made my way back to the car and while I was waiting for the truck a lovely guy in his work clothes either on his way home from or to work pulled over in his red ute and offered to help... I said thanks but not to worry as I've got a tow coming so off he went. 20 minutes later he came back with a can of petrol for me!! I was so grateful for his kindness and was almost in tears... gave him a big hug and off he went! I don't even know your name but I'm hoping you read this so that you know how thankful I am and that I will definitely pay it forward whenever I see someone in need. I'm a single mum living here with no family so support is pretty sparse. I do have a handful of close friends who I'm sure would have been there for me but when a complete stranger offers help it really restores one's faith in humanity.

Thank you for taking time out from your own day to simply do a good deed. I will remember this forever xxxx

Eternally Grateful, Mango Hill.

Vet experience

On 30/12/16, my beloved black cat, Pippin, was hit by a car on Nicklaus Parade. Some lovely person rang to advise me & I raced over to pick him up & take him straight to the 24 hour vet in North Lakes. I was very distraught & confused. As I entered the vet's waiting room, a lady who was there with 2 small dogs immediately rang the bell to alert the staff. She was wonderful.

I never got to thank her for her compassion & kindness. When they took my cat away she gave me a hug & rubbed my back. I appreciated this so much. I'm hoping this lady will read this & know how she made me feel comforted in a horrible situation. A gentleman who was on the phone when I entered also brought me my phone that I left on the bench when I went to a cubicle. Thank-you to both these thoughtful & wonderful people. My little man crossed the rainbow bridge that night & I know he's in a better place!

From Jo O'Bree

NEW NORTH LAKES MARKET LAUNCH

Date: Saturday January 28 2017

Time: 3.00pm to 8.00pm every second Saturday

Location: 2 Halpine Drive, Mango Hill

Cost: Free entry

A welcome return of North Lakes Markets with new management. The launch has 50 stalls booked for opening day made up of niche type vendors such as handmade clothes, handmade cards, handmade jewellery, candles, scentsy, floral arrangements, home décor, makeup and beauty products and much more. The regular event promises live music at every market day, jumping castle and a kids activity tent. If you're interested in having a stall at a future market contact 0456 926 179 or info@ northlakesmarket.com.au

MANGO HILL CWA MEETING

Date: February 10 2017

Time: 9.00 am for a 9.30am start

Location: Corner of Oxley and Anzac Parades, Redcliffe

Cost: \$2.00

The Mango Hill CWA group next meeting will be held at the Mango Hill Community Centre Chermside Rd Mango Hill on 10 th February 2017, at 9.00 am for a 9.30am start. If this is your first time in coming you are more than welcome to bring a friend. We have a token charge of \$2.00 to cover rent.

Bring an item from home that is sentimental, or has a funny or unusual story, or it could be just for its beauty.

NORTHPINE CHRISTIAN COLLEGE CHILDCARE AND EARLY LEARNING CENTRE FAMILY FUN DAY

Date: Sunday February 5

Time: 10am-2pm

Location: Northpine Christian College Childcare and Early

Learning Centre Carpark

Cost: Free

Celebrating their 10 year anniversary. The family fun day has children's entertainment, jumping castles and slides as well as yummy food. Please bring a picnic rug or chair and enjoy the day.

TEA PARTY PINE RIVERS OCWA

Date: Saturday February 11 Time: 10:30 am -1:30

Location: Kruger Hall, 24 Ann Street Kallangur

Cost:\$20.00

Pine Rivers QCWA Branch is holding a Fundraising Tea Party. Bookings and dietary requirements are essential and can be made by calling Irene 0439515474 or Sylvia 5495 5151. Please RSVP by 1st Feb 2017. there will be a cold drink on arrival and a sumptuous Spread, Raffles, Lucky Door and Mini Cent Auction.



6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** House Husbands. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) Return. **9.15** Movie: Bride Wars. (PG) (2009) Kate Hudson, Anne Hathaway, Candice Bergen. Two best friends become enemies after they realise they have scheduled their respective weddings for the same day. 11.05 CSI: Crime Scene Investigation. (M) 12.00 Rizzoli & Investigation. (M) 12.00 Rizzoli & Isles. (MA15+) 1.00 Extra. 1.30 TV Shop: Home Shopping. 2.00 My Surf TV. 2.30 Global Shop. 3.00 Skippy The Bush Kangaroo. 3.30 Good Morning America. 5.00 News Early Edition. 5.30 Today.

GO!

6.00 Children's Programs. 12.00 Movie: Pokémon The Movie Diancie And The Cocoon Of Destruction. (G) (2014) **1.30** Regular Show. (PG) **2.00** Children's Programs. **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.00** Top Gear. (PG) **9.30** Movie: The Hurt Locker. (MA15+) (2008) **12.05** Surfing Australia TV. **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Movie: Pokémon The Movie: Diancie And The Cocoon Of Destruction. (G) (2014) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Out Of Reach. (M) (2013) 2.00 The Daily Edition. 3.00 The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Return. 7.30 My Kitchen Rules. (PG) Return. A new batch of amateur cooks take turns transforming a home into a restaurant. **9.00** Bride And Prejudice: The Forbidden Weddings. (PG) New. Follow five couples as they decide to get married in the face of staunch opposition from their family and friends. **10.10** The 2016 Miss Universe. (PG) Contestants vie for the title of Miss Universe. **1.10**Packed To The Rafters. (PG) **2.00**Shopping. **4.00** NBC Today. **5.00**News. **5.30** Sunrise.

7TWO

6.00 Shopping. (PG) 7.00 It's Academic. 7.30 Hairy Legs. 8.00 Pipsqueaks. 8.30 Harry's Practice. 9.00 Home And Away: The Early Years. (PG) 9.30 NBC Today. 10.30 Before And After. 11.00 The 2016 Mics Libinger. (PG) 3.00 Cook Miss Universe. (PG) **2.00** Cook
Me The Money. (PG) **3.00** Auction
Squad. **4.00** Deal Or No Deal. **5.00**Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) Rosemary and Laura investigate a mysterious blight. **8.30** Foyle's War. (M) A medical unit is sabotaged. **10.30** Air Crash Investigation. (PG) 11.30 Bargain Hunt. 12.30 Deal Or No Deal. 1.30 Cook Me The Money. (PG) **2.30** Siberia To The Silk Road. **3.30** The World Around Us. **4.30** Auction Squad. 5.30 Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. 7.30 Bold. (PG) 8.00 Family Feud: Sunday. 8.30 Studio 10. (PG) 11.00 The Talk. 12.00 Dr Phil. (PG) 1.00 To Be Advised. 2.30 Ben's Menu. 3.00 Judge Judy. (PG) 3.30 The Home Team. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.00 Family Feud. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 Life In Pieces. (PG) Return. Greg is jealous of Jen's new assistant. Heather and Tim plan a prank. **9.30** Life In Pieces. (PG) Tim revives a university tradition. **10.00** The Odd Couple. Return. **10.30** The Odd Couple. 11.00 The Project. 12.00 The Late Show With Stephen Colbert. (PG) 1.00 Shopping. 4.00 My Market Kitchen. 4.30 CBS Morning.

ONE

6.00 Cricket. Women's Big Bash League. Final. Replay. Hosted by Andy Maher, with commentary from Lisa Sthalekar and Mel Jones **9.30** World Sport. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) 6.00 Family Feud. 6.30 M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: The Sentinel. (M) (2006) Michael Douglas, Kiefer Sutherland, Eva Longoria. **10.45** The Crazy Ones. (M) **11.45** Hogan's Heroes. **12.15** Home Shopping. 2.15 Diagnosis Murder. (PG) 3.10 Get Smart. (PG) 4.10 Jake And The Fatman. (PG) **5.05** Star Trek: The Next Generation. (PG)

ABC

6.00 News. **9.00** News Mornings **10.00** One Plus One. **10.30** Earth On Fire: A Catalyst Special. **11.30** Auction Room. Final. **12.00** News At Noon. **1.00** Grand Designs. **2.00** The School. (PG) **2.45** The Cook And The Chef. 3.15 Murder. She Wrote. (M) **4.00** Antiques Roadshow. **5.00** ABC News: Early Edition. **5.30** The Drum. Return. **6.00** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. (PG) Final. **8.30** Best Of Four Corners. 9.15 Fake Or Fortune? 10.15 Revolution School. (PG) 11.15 Golf. PGA Tour. Farmers Insurance Open. Highlights. From Torrey Pines Golf Course, San Diego, California. 12.10 Rage. (MA15+) 3.15 Best Of Four Corners. 4.00 The New Inventors. **5.00** Antiques Roadshow.

ABC2

6.00 Children's Programs. **4.20** Q Pootle 5. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** And Duck. 5.13 Hey Duggee. 5. Kazoops! 5.30 Hoot Hoot Go! 5.40 Peppa Pig. 5.45 Dinosaur Train. 6.00 Ben And Holly. 6.15 The Hive. 6.25 Octonauts. 6.35 Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Spicks And Specks (PG) **7.30** Dirty Jobs. Return. **8.20** Second Chance. (M) **8.30** Louis Theroux: Miami Mega Jail. (M) 9.30 Extreme UK With Reggie Yates. (M) **10.30** Portlandia. (PG) **10.50** Movie: Super Size Me. (M) (2004) **12.30** Artifact. (M) **2.00** Dirty Jobs. (PG) **2.45** News Update. **2.50** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. 5.35 Rastamouse. **5.45** Chuggington.

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Patrizio Buanne: The Italian Concert. 2.55 SBS Flashback 3.05 Henry & Anne: Lovers Who Changed History. (PG) **4.00** Dogs. Their Secret Lives. **5.00** Living Black, 5.30 Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. **8.30** Sacred Rivers With Simon Reeve. (PG) **9.30** Undressed. **10.00** Undressed **10.30** SBS News. **11.00** The World Game. **11.30** Spiral. (M) **12.25** Spiral. (M) Final. **1.25** Mad Men. (M) **2.20** Mad Men. (M) **3.20** Mad Men. (M) **4.15** Food Lover's Guide. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World

SBS VLND

6.00 WorldWatch. 11.35 Hindi News. 12.00 Movie: Krull. (PG) (1983) 2.10 States Of Undress. (PG) 3.05 The Last Lesbian Bars. (PG) 3.35 FICE 45 LESDIAN BATS. (PG) 3.35 FICE. (PG) 4.05 Daria. (PG) 4.35 MythBusters. (PG) 5.35 If You Are The One. 6.35 Brooklyn Nine-Nine. (PG) 7.00 VICE News Tonight. 7.30 The Feed. 8.00 Travel Man. 8.30 F*ck That's Delicious. 9.00 Dead Set On Life. 9.25 Movie: Killing Them Softly. (MA15+) (2012) 11.15 Desus And Mero. New. 11.45 The Feed. 12.15 Road To Mosul. 1.05 F*ck That's Delicious. 1.35 Dead Set On Life. **2.05** CCTV News In English From Beijing. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.

AUSTÂR.

MOVIES

8.30pm The Hateful **Eight** (2015) Thriller. Samuel L. Jackson, Kurt Russell. (MA15+)

Premiere 8.30pm Our Little Sister (2015) Drama Haruka Ayase, Masami Nagasawa. (PG) World Movies

8.30pm The Hurricane (1999) Drama. Denzel Washington, John Hannah. (M) Masterpiece **GENERAL**

8.30pm The Mysteries Of Laura. (M) Universal Channel 8.30pm Mr Robot. (M) Showcase 9.30pm Halt And Catch Fire. (MA15+) Showcase

DOCUMENTARY 8.30pm Jay Leno's Garage. (PG) Discovery Turbo 8.30pm The Job Interview. (PG)

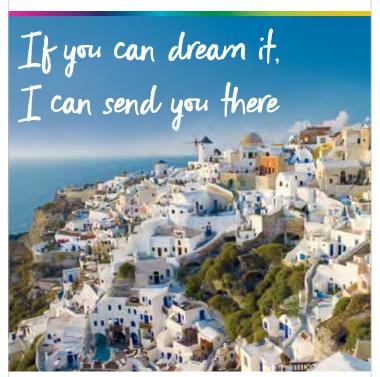
Lifestyle 8.30pm Snapped: Killer Couples. (M) Crime & Investigation

SPORT 8.30am Cricket. Chappell-Hadlee Series. New Zealand v Australia. Game 1. Fox Sports 2

.30pm A-League Highlights. Fox Sports 4 8.00pm **Soccer.** Premier League Block. Fox Sports 4

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.





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6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Nine Presents. **1.15** Married At First Sight. (M) 3.00 News. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 Nine News. 7.00 A Current Affair. 7.30 Married At First Sight. (PG) **9.00** Movie: Monster-In-Law. (M) (2005) Jennifer Lopez, Jane Fonda, Michael Vartan. A woman faces opposition from her future mother-in-law who is determined to prevent her son's wedding. **11.00** Mom. (M) **11.30** Mike & Molly. (M) **12.00** 20/20. **1.00** Molly, (M) 12.00 20/20. 1.00 Extra. 1.30 Danoz Direct. 2.00 Surfing Australia TV. 2.30 Global Shop. 3.00 Skippy The Bush Kangaroo. 3.30 Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Honor We bale bears. (1) 3.00 Ben 10. (PG) 5.30 Teen Titans. (PG) 6.00 Regular Show. (PG) 6.30 Adv Time. (PG) 7.00 The Middle. (PG) 7.30 Auction Hunters. (PG) **8.30** Movie: Ronin. (M) (1998) **11.00** Two And A Half Men. (PG) 11.30 South Beach Tow. (M)
12.00 Surfing Australia TV. 12.30
Adv Time. (PG) 1.00 Regular
Show. (PG) 1.30 Ben 10. (PG) 2.00 Rabbids Invasion. (PG) 2.30 Pokémon. 3.00 Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

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SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Obsession. (M) (2011) 2.00 The Daily Edition. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 News. 7.00 Home And Away. (PG) Mick is back in town. **7.30** My Kitchen Rules. (PG) **9.00** 800 Words. (PG) Return. George and Fiona's dalliance is headline news in Weld. Robbie goes on the offensive to save Fiona. **10.00** Bones. (M) Return. After Brennan is kidnapped by her former assistant, Zack, Booth and the rest of the team desperately search for her. 11.00 Chicago Fire. (M) A student falls prey to gang violence. 12.00 Grey's Anatomy. (M) 1.00 Grey's Anatomy. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. 7.00 It's Academic. 7.30 Hairy Legs. 8.00 Pipsqueaks. 8.30 Harry's Practice. 9.00 Home And Away: The Early Years. (PG) 9.30 NBC Today. 12.00 Dr Oz. (PG) 1.00 Air Crash Investigation. (PG) **2.00** Mr Selfridge. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Britain's Spending Secrets. (PG) **8.30** Endeavour. (M) Endeavour and Thursday pursue a murderer who haunts the city preying on married women. **10.30** I Shouldn't Be Alive. (M) 11.30 Bargain Hunt. 12.30 Mr Selfridge. (PG) 1.30 Deal Or No Deal. 2.30 The World Around Us. 3.30 Dr Oz. (PG) 4.30 Auction Squad. 5.30 Harry's

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. 7.30 Bold. (PG) 8.00 Family Feud. 8.30 Studio 10. (PG) 11.00 The Talk. 12.00 Dr Phil. (PG) 1.00 To Be Advised. 2.30 Ben's Menu. 3.00 Judge Judy, (PG) 3.30 The Home Team. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.00 Family Feud. 6.30 The Project 7.30 I'm A Celebrity... Get Me Out Of Here! 8.30 NCIS. (M) Two women, a man's wife and bis mixtures accuracy and stope of the PG. his mistress, accuse each other of murdering their shared beau. **9.30** NCIS: LA. (M) Sam is convinced the theft of software is connected with the disappearance of a girl. **10.30** NCIS: New Orleans. (M) 11.30 The Project. 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Shopping. 4.00 My Market Kitchen. 4.30 CBS Morning.

ONE

6.00 Home Shopping. **8.00** Operation Repo. (PG) **8.30** Operation Kepo. (PG) 8.30 Reel Action, 9.00 iFish, 10.00 M*A*S*H. (PG) 11.00 Hogan's Heroes. 12.00 Get Smart. (PG) 1.00 Matlock. (M) 2.00 Nash Bridges. (M) 3.00 Jake And The Fatman. (PG) 4.00 Diagnosis Murdor (PG) 5.00 Star Took Murder. (PG) 5.00 Star Trek: The Next Generation. (PG) 6.00 Family Feud. 6.30 M*A*S*H. (PG) 7.30 48 Hours. 8.30 48 Hours. (M) **10.30** Backstrom. **11.30** Gang Related. (MA15+) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Jake And The Fatman. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 News. **9.00** News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.15** Pointless. **12.00** News. **12.30** Press Club. 2.00 The School. (M) 2.45 The Cook And The Chef. 3.15 Murder, She Wrote. (M) 4.00 Antiques Roadshow. **5.00** News. **5.30** The Drum. **6.00** Pointless. **7.00** News. **7.30** 7.30. **8.00** Outback ER. (PG) **8.30** Stephen Fry In Central America. (PG) **9.20** Human Universe With Brian Cox. **10.20** Movie: Jack Irish: Bad Debts. (M) (2012) Guy Pearce, Damien Garvey A former lawyer investigates an A lotmer lawyer investigates and old client's murder. **12.05** Aim High In Creation! (PG) **1.45** Soccer. W-League. Round 14. Adelaide United v Sydney FC. Replay. **4.00** Human Universe With Brian Cox. **5.00** Antiques Roadshow.

ABC2

6.00 Children's Programs. 4.30 Wiggle Town. 4.35 Olivia. 4.50 Hoopla. 5.05 Sarah And Duck. 5.15 Hey Duggee. 5.25 Kazoops! 5.30 Hoot Hoot Go! 5.40 Peppa Pig. 5.45 Dinosaur Train. 6.00 Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. 7.00 Spicks And Specks. (PG) 7.30 Dirty Jobs. 8.20 Second Chance. (PG) 8.35 Tattoo Disasters UK. (PG) 9.30 Hard Time. (M) Final. **10.25** Archer. **10.40** Portlandia. (M) **11.00** Extreme UK With Reggie Yates. (M) **12.00** Age Gap Love. (PG) **12.45** Wild Things With Dom Monaghan. (PG) **1.30** Dirty Jobs. **2.15** News Update. 2.20 Close. 5.00 Babar: Adv Of Badou. 5.20 Angelina Ballerina: The Next Steps. 5.35 Rastamouse. 5.45 Chuggington.

6.00 WorldWatch. 8.40 French News. 9.30 Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Tony Bennett & Lady Gaga: Cheek To Cheek. 3.00 Cave Of Forgotten Dreams. 4.35 Born In The Wild. (PG) 5.30 Letters And Numbers. 6.00 Food Safari. (PG) **6.30** SBS World News. **7.35** Paul Merton's Secret Stations. 8.30 Best Of Insight. 9.30 One Born Every Minute. (M) 10.30 SBS News. 11.00 Spring Tide. (M) 11.50 Spring Tide. (M) 12.45 Movie: The Round Up. (M) (2010) **3.00** 24 Hours In Emergency. (M) **3.55** 24 Hours In Police Custody. (M) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. 12.00 Movie: A Screaming Man. (PG) (2010) 1.40 Camel Beauty Pageant. (PG) 2.10 States Of Undress. (PG) **3.05** VICE News Tonight. **3.35** The Feed. **4.10** Daria. (PG) **4.40** MythBusters. (PG) **5.40** If You Are The One. **6.40** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.35** The Feed. **8.05** Adam Ruins Everything. (PG) **8.30** Gaycation. **9.20** Big Night Out. **9.45** Big Night Out. 10.10 Movie: Turn Me On, Goddammit! (MA15+) (2011) 11.35 Desus And Mero. 12.00 The Feed. 12.30 Gaycation. 1.20 Big Night Out. 1.50 Big Night Out. 2.20 RT News In English From Moscow. 3.00 Thai News. 3.30 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 WorldWatch.

AUSTÂR.

MOVIES 8.30pm Hunt For

The Wilderpeople (2016) Drama. Sam Neill, Julian Dennison. (PG) Premiere 8.30pm San Andreas (2015)

Action. Dwayne Johnson, Carla Gugino. (M) *Action* 10.05pm Admission (2013) Comedy. Tina Fey, Paul Rudd. A university admissions officer realises a student may be her son. (M) Romance

GENERAL 8.30pm The Affair. 9.30pm Blindspot. (MA15+) Universa Channel 9.30pm Braquo.

Showcase DOCUMENTARY 7.30pm ISIS:

Rise Of Terror. (M) History 7.30pm Running Wild With Bear Grylls. (M) Discovery 8.30pm The Great

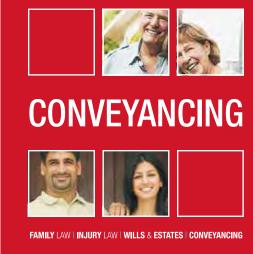
British Bake Off. (PG) Lifestyle Food SPORT 6.00am Golf.

USLPGA Tour. Bahamas Classic. Final round. Fox Sports 1 .30pm Basketball.

NBA. Phoenix Suns v Memphis Grizzlies. ESPN 8.30pm

NBA: The Jump. ESPN

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.





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6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. Ariali. 7.30 Married At First Sign (PG) 9.00 Movie: My Big Fat Greek Wedding. (PG) (2002) Nia Vardalos, John Corbett, Michael Constantine. An unlucky-in-love restaurant maître d' upsets her traditionalist parents by wanting to marry a non-Greek man. 11.00 Murder In The First. (M) 12.00 Ground Floor. (PG) 12.30 Anger Management. (M) 1.00 Extra. 1.30 Danoz Direct. 2.30 Global Shop. 3.00 Skippy The Bush Kangaroo. 3.30 Good Morning America. 5.00 News Early Edition. 5.30 Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** (PG) 2.30 Yu-Gi-Off; (PG) 3.00 Beyblade Burst. 3.30 Regal Academy. 4.00 The Powerpuff Girls. (PG) 4.30 We Bare Bears. (PG) 5.00 Ben 10. (PG) 5.30 Teen Titans. (PG) **6.00** Regular Show (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** BattleBots. (PG) **8.30** Movie: Troy. (M) (2004) 11.50 Container Wars. (PG) 12.20 GO Surround Sound. (PG) 12.30 Adv Time. (PG) 1.00 Regular Show. (PG) 1.30 Ben 10. (PG) 2.00 Rabbids Invasion. (PG) 2.30 Pokémon. 3.00 Sonic Boom. (PG) 3.30 Yu-Gi-Oh! (PG) 4.00 Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Another Man's Wife. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Mick terrorises Irene. **7.30** My Kitchen Rules. (PG) The competition travels to Melbourne where midwives Karen and Ros serve up an instant restaurant. **9.00** Movie: Fifty Shades Of Grey. (MA15+) (2015) Dakota Johnson, Jamie Dornan, Jennifer Ehle. A literature student meets a businessman. 11.45 The Goldbergs. (PG) 12.15 It's Always Sunny In Philadelphia. (M) Return. 12.45 Parks And Recreation. (PG) 1.15 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. 7.00 It's Academic. 7.30 Hairy Legs. 8.00 Pipsqueaks. 8.30 Harry's Practice. 9.00 Home And Away: The Early Years. (PG) 9.30 NBC Today. 12.00 Dr Oz. (PG) 1.00 I Shouldn't Be Alive. (M) 2.00 Britain's Spending Secrets. (PG) 3.00 Auction Squad. 4.00 Deal Or No Deal. 5.00 Medical Emergency. (PG) 5.30 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Jonathan Creek. (PG) **8.30** Inspector Morse. (M) After the chef at a Greek restaurant is found dead, the Greek community in Oxford closes ranks. **10.30** I Shouldn't Be Alive. (M) 11.30 Bargain Hunt. 12.30 Dr Oz. (PG) **1.30** Deal Or No Deal. **2.00** Shopping. **4.00** Medical Emergency. (PG) **4.30** Auction Squad. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. 2.30 Ben's Menu. 3.00 Judge Judy. (PG) 3.30 The Home Team **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! Hosted by Julia Morris and Dr Chris Brown. 8.30 Movie: Taken 3. (M) (2014) Liam Neeson, Forest Whitaker. An ex-covert agent is wrongly accused of murder. 10.45 Hawaii Five-0. (M) 11.45 The Project. 12.45 The Late Show With Stephen Colbert. (PG) **1.30** Shopping. 4.00 My Market Kitchen, 4.30

ONE

6.00 Home Shopping. **8.00** Operation Repo. (PG) **8.30** Operation Kepo. (PG) 8.30 Reel Action, 9.00 iFish, 10.00 M*A*S*H. (PG) 11.00 Hogan's Heroes. 12.00 Get Smart. (PG) 1.00 Matlock. (M) 2.00 Nash Bridges. (M) 3.00 Jake And The Fatman. (PG) 4.00 Diagnosis Mutroto (PG) 4.00 Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Attenborough's The Life Of Mammals. **8.30** Megafactories. **9.30** Shark Tank. (PG) **10.30** Backstrom. **11.30** Sons Of Anarchy. (MA15+) **12.45** Home Shopping. 2.15 Diagnosis Murder. (PG) 3.10 Matlock. (M) 4.05 Nash Bridges. (M) **5.00** Star Trek: The Next Generation.

ABC

6.00 News. 9.00 News Mornings **10.00** One Plus One. **10.30** Catalyst. (PG) 11.15 Pointless. 12.00 ABC News At Noon. 12.30 Press Club. 1.30 The Book Club. (PG) 2.00 Stephen Fry In Central America. (PG) 2.45 The Cook And The Chef. 3.15 Murder, She Wrote. (M) 4.00 Antiques Roadshow. 5.00 News. 5.30 The Drum. **6.00** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Julia Zemiro's Home Delivery. Return. 8.40 The Weekly With Charlie 8.40 The Weekly With Charlie Pickering. Return. 9.10 Stop Laughing... This Is Serious. (M) 10.10 Adam Hills: The Last Leg. Return. 10.50 Wham Bam Thank You Ma'am. (M) 11.20 Fancy Boy. (MA15+) 11.45 The Weekly. 12.15 Press Club. 1.15 Rage. (MA15+) 5.00 Antiques Roadshow.

ABC2

6.00 Children's Programs. **5.05** Sarah And Duck. **5.15** Hey Sarah And Duck. 5.15 Hey Duggee. 5.25 Kazoops! 5.40 Peppa Pig. 5.45 Dinosaur Train. 6.00 Ben And Holly. 6.15 The Hive. 6.25 Octonauts. 6.35 Peter Rabbit. 6.50 Shaun The Sheep. 7.00 Spicks And Specks. (PG) 7.20 Directory (PG) **7.30** Dirty Jobs. (PG) **8.20** Second Chance. (M) **8.35** Special Forces: Ultimate Hell Week. Return. 9.35 Hunted. (M) Return. 10.25 Portlandia. (PG) **10.45** Tattoo Disasters UK. (PG) **11.50** Catfish: The TV Show. **12.30** Outsiders With Darren McMullen. (MA15+) 1.15 Weight Loss Ward. (PG) 2.05 Dirty Jobs. (PG) 2.50 News Update. 2.55 Close. 5.00 Babar: Adv Of Badou. 5.20 Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Who Do You Think You Are? **3.00** Tales From The Bush Larder. (PG) **3.30** Best Of Insight. **4.30** My Wild Affair. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. (PG) **6.30** SBS World News. **7.30** Chinese New Year: Biggest Celebration. **8.30** Shaun Micallef's Stairway To Heaven. (PG) 9.30 Vikings. 10.25 Gangland Undercover. (MA15+) New. 11.15 SBS News. 11.45 Movie: You Can't Save Yourself Alone. (2015) **1.40** Movie: Attack The Block. (MA15+) (2011) **3.15** PQ 17: An Arctic Convoy Disaster. (PG) **4.15** Food Lover's Guide. **4.50** Gourmet Farmer Afloat Bitesize. **5.00** CCTV English News 5.15 Soccer EPI West Ham v Manchester City.

SBS VLND

6.00 WorldWatch. 10.30 African News. 11.00 WorldWatch. 12.00 Movie: Sister Smile. (PG) (2009) 2.15 States Of Undress. (PG) **3.05** VICE News Tonight. **3.35** The Feed. **4.05** Daria. (PG) **4.35** MythBusters. (PG) **5.35** If You Are The One. **6.35** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.30** The Feed. **8.05** Brooklyn Nine-Nine. **8.30** Balls Deep. Return. **9.00** Balls Deep. **9.25** Movie: The Blue Lagoon. (M) (1980) **11.20** Movie: Road Games. (M) (1981) **1.15** Desus And Mero. **1.45** Teen Exorcists. (M) **2.15** Balls Deep. **2.45** France 24 News In English From Paris. **3.00** Thai News. 3.30 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.

AUSTÂR.

MOVIES 8.30pm Titanic (1997) Drama. Leonardo DiCaprio, Kate Winslet. (M) Masterpiece
8.30pm The Family Stone (2005) Comedy. Sarah Jessica Parker, Diane Keaton. (M) Romance 10.15pm Deadpool (2016) Action, Ryan Reynolds, Morena Baccarin. (MA15+) Premiere **GENERAL** 9.00pm The Daily

Show With Trevor Noah, Comedy

9.30pm Timber Creek Lodge. (M) Arena

9.30pm Brooklyn Nine-Nine. (M) Universal Channel DOCUMENTARY

8.30pm Location, Location, Location. Lifestvle 9.30pm Living With

Quads. Lifestyle You 9.30pm Alaskan Bush People. (M) Discovery SPORT

11.00am Basketball. College. Big Ten Conference. Ohio State v Maryland

7.30pm Soccer. AFC Champions League. Fox Sports 4

11.30pm Cricket. One-day International Series. South Africa v Sri Lanka. Game 2

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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LEONIE SCHILLING

6.00 Today. 10.00 Today Extra. (PG) 11.30 Morning News. 12.00 The Ellen DeGeneres Show. (PG) 1.00 Extra. 1.30 Married At First Sight. (PG) 3.00 News Now. 4.00 Afternoon News. 5.00 Millionaire Hot Seat. 6.00 Nine News. 7.00 A Current Affair. 7.30 RBT. (PG) 8.30 Movie: Edge Of Tomorrow. (M) (2014) Tom Cruise, Emily Blunt, Bill Paxton, Brendan Gleeson. After being sent on a suicide mission to battle an alien menace, a man finds himself reliving the same day. 10.45 Conspiracy. (M) 11.45 The Mysteries Of Laura. (PG) 12.45 Extra. 1.15 Nine Presents. 1.30 TV Shop: Home Shopping. 2.00 Danoz Direct. 2.30 Global Shop. 3.00 Skippy The Bush Kangaroo. 3.30 Good Morning America. 5.00 News Early Edition. 5.30 Today.

GO!

6.00 Children's Programs. 1.00
Adv Time. (PG) 1.30 Regular
Show. (PG) 2.00 Children's
Programs. 3.30 Regal Academy.
4.00 The Powerpuff Girls. (PG)
4.30 We Bare Bears. (PG) 5.00
Ben 10. (PG) 5.30 Teen Titans. (PG) 6.00 Regular Show. (PG)
6.30 Adv Time. (PG) 7.00 The
Middle. (PG) 7.30 Big Bang. (PG)
8.30 Movie: The Lincoln Lawyer.
(M) (2011) 10.55 Balls Of Steel.
(MA15+) 11.35 Toy Hunter. (PG)
12.05 Thunderbirds Are Go. (PG)
12.30 Adv Time. (PG) 1.00 Regular
Show. (PG) 1.30 Ben 10. (PG)
2.00 Rabbids Invasion. (PG) 2.30
Pokémon. 3.00 Sonic Boom. (PG)
3.30 Yu-Gi-Oh! (PG) 4.00 Steven
Universe. (PG) 4.30 Clarence.
(PG) 4.50 Thunderbirds. 5.30
Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 Movie: The Girl Next Door. (M) (1998) 2.00 The Daily Edition.
3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 News. 7.00 Home And Away. (PG) Ash returns to Summer Bay on a mission. Olivia makes every effort to be the best girlfriend ever. 9.00 Ramsay's Kitchen Nightmares. (MA15+) Chef Gordon Ramsay comes to the rescue of Bonaparte's Restaurant in West Yorkshire. 10.00 To Be Advised.
11.10 Grimm. (M) Return. Nick must decide who he wants to be. 12.15 The Amazing Race. (PG) Hosted by Phil Keoghan. 1.15 Harrys Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. 7.00 It's Academic. 7.30 Hairy Legs. 8.00 Pipsqueaks. 8.30 Harry's Practice. 9.00 Home And Away: The Early Years. (PG) 9.30 NBC Today. 12.00 Dr Oz. (PG) 1.00 I Shouldn't Be Alive. (M) 2.00 The Art Of The Architect. 3.00 Auction Squad. 4.00 Deal Or No Deal. 5.00 Medical Emergency. (PG) 5.30 Bargain Hunt. 7.30 The Vicar Of Dibley. (PG) 8.00 Vicious. (PG) Return. Violet's wealthy sister Lillian visits. 8.30 Murdoch Mysteries. (M) After a man is found dead from a lethal ingestion of varnish, the victim's son is found hiding in the closet. 10.30 Suspects. (M) 11.30 Bargain Hunt. 12.30 Psychic TV. (M) 3.30 Dr Oz. (PG) 4.30 Auction Squad. 5.30 Shopping. (PG)

TEN

6.00 Ent. Tonight. 6.30 Everyday Gourmet. 7.00 The Home Team. 7.30 Bold. (PG) 8.00 Family Feud. 8.30 Studio 10. (PG) 11.00 The Talk. 12.00 Dr Phil. (PG) 1.00 To Be Advised. 2.00 Ent. Tonight. 2.30 Ben's Menu. 3.00 Judge Judy. (PG) 3.30 The Home Team. 4.00 GCB. 4.30 Bold. (PG) 5.00 News. 6.00 Family Feud. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 Law & Order: SVU. (M) A rape case involving two high school students challenges the detectives, as they work to protect the futures of the teenagers. 10.00 Law & Order: SVU. (M) 11.00 Blue Bloods. 12.00 The Late Show With Stephen Colbert. (PG) 1.00 Shopping. 4.00 My Marote Kitchen. 4.30 CBS Morning.

ONE

6.00 Home Shopping. 8.00
Operation Repo. (PG) 8.30
Reel Action. 9.00 iFish. 10.00
M*A*S*H. (PG) 11.00 Hogan's
Heroes. 12.00 Get Smart. (PG)
1.00 Matlock. (M) 2.00 Nash
Bridges. (M) 3.00 Jake And The
Fatman. (PG) 4.00 Diagnosis
Murder. (PG) 5.00 Star Trek: The
Next Generation. (PG) 6.00 Family
Feud. 6.30 M*A*S*H. (PG) 7.30
Moments Of Impact. (PG) 8.30
Megacities. (PG) 9.30 Cops: Adults
Only. (M) 10.30 Undercover Boss.
(PG) 11.30 Epic Meal Empire.
(M) 12.00 Home Shopping. 2.00
Bellator MMA. (M) 4.10 Cops:
Adults Only. (M) 4.40 Epic Meal
Empire. (M) 5.05 Star Trek: The
Next Generation. (PG)

ABC

6.00 News. 9.00 News Mornings. 10.00 One Plus One. 10.30 Catalyst. 11.15 Pointless. 12.00 ABC News At Noon. 1.00 Adam Hills: The Last Leg. 1.30 The Kumars. (PG) 2.00 The School. (M) 2.45 The Cook And The Chef. 3.15 Murder, She Wrote. (M) 4.00 Antiques Roadshow. 5.00 News. 5.30 The Drum. 6.00 Pointless. 7.00 News. 7.30 7.30. 8.00 Would I Lie To You? (PG) Final. 8.30 Restoration Man. 9.20 Restoration Australia. (PG) 10.20 Movie: Jack Irish: Black Tide. (M) (2012) Guy Pearce, Marta Dusseldorp. 11.55 Would I Lie To You? (PG) 12.25 Press Club. 1.25 Rage. (MA15+) 4.05 Golf. PGA Tour. Farmers Insurance Open. Highlights. 5.00 Antiques Roadshow.

ABC2

6.00 Children's Programs. 4.50
Hoopla. 5.05 Sarah And Duck.
5.15 Hey Duggee. 5.25 Kazoops!
5.40 Peppa Pig. 5.45 Dinosaur
Train. 6.00 Ben And Holly. 6.15
The Hive. 6.25 Octonauts. 6.35
Peter Rabbit. 6.50 Shaun The
Sheep. 7.00 Spicks And Specks.
(PG) 7.30 Dirty Jobs. (PG) 8.20
Lost In Pronunciation. (M) 8.30
The Weekly. 9.00 Black Books.
(PG) 9.30 Red Dwarf. (PG) 10.00
Maximum Choppage. (M) 10.25
Portlandia. (M) 10.50 Comedy
Next Gen. (MA15+) 11.50 Hard
Time. (M) 12.35 Weight Loss
Ward. (PG) 1.25 Dirty Jobs. 2.10
News Update 2.15 Close 5.00
Babar: Adv Of Badou. 5.20
Angelina Ballerina: The Next
Steps. 5.35 Rastamouse. 5.45
Chuggington.

SBS

6.00 Soccer. EPL. West Ham v Manchester City. Continued. 8.00 WorldWatch. 2.00 Soccer. EPL. West Ham v Manchester City. Replay. 4.30 Living Black. 5.00 Cycling. Herald Sun Tour. Prologue. Federation Square to Queensbridge Square. Individual time trial. 5.30 Letters And Numbers. 6.00 Food Safari. 6.30 SBS World News. 7.30 Great British Railway Journeys. 8.05 Destination Flavour Singapore. 8.35 Royal Gardens On A Plate. 9.35 Midnight Sun. Final. 11.40 SBS News. 11.50 Magnifica 70. (M) 12.50 Movie: The Last Circus. (MA15+) (2010) 2.45 14 Diaries Of The Great War. (PG) 3.50 Hunters Of The South Seas. 4.50 Rachel Khoo. 5.00 WorldWatch.

SBS VLND

6.00 WorldWatch. 12.00 Movie: The Women On The 6th Floor. (PG) (2010) 2.00 Swim. (PG) 2.10 States Of Undress. (PG) 3.00 VICE News Tonight. 3.30 The Feed. 4.00 Daria. (PG) 4.30 MythBusters. 5.35 If You Are The One. 6.35 Brooklyn Nine-Nine. (PG) 7.00 VICE News Tonight. 7.30 The Feed. 8.00 Full Frontal. (M) 8.30 Black Market: Dispatches. (M) Final. 8.55 A Day In Slab City. 9.25 Movie: Juan Of The Dead. (MA15+) (2011) 11.10 Desus And Mero. 11.35 Gaycation. 12.25 Black Market: Dispatches. (M) 12.55 Balls Deep. 1.20 Dead Set On Life. 1.55 Deutsche Welle. 3.00 Thai News. 3.30 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.

AUSTAR.

8.30pm Jane Got A Gun (2016) Western. Natalie Portman, Joel Edgerton, Ewan McGregor.

(MA15+) Premiere

8.30pm Crazy Heart (2009) Drama. Jeff Bridges, Maggie Gyllenhaal. (M) *Masterpiece* 10.15pm Steve Jobs (2015) Drama. Michael Fassbender, Kate Winslet. (M) *Premiere*

GENERAL 8.30pm Ladies Of London. (M)

8.30pm Vikings. (MA15+) FX 8.30pm Suits. (M) Universal Channel

7.30pm Conspiracy. (PG) History
7.30pm Gold Rush. (PG) Discovery
8.30pm Grand
Designs: House
Of The Year. Part 2
of 4. Lifestyle

DOCUMENTARY

SPORT 11.30am Cricket.Chappell-Hadlee
Series. New Zealand
v Australia. Game 2.
Fox Sports 3

1.30pm Basketball. NBA. Oklahoma City Thunder v Chicago Bulls. *ESPN*

3.00pm Golf. European PGA Tour. Dubai Desert Classic. First round. Fox Sports 2

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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By Debb Webber, Zen-Chi Natural Therapies

The Detox Foot Spa is a gentle non-invasive therapy, which re-energises the body and helps support the body to detoxify naturally, helping restore your natural equilibrium and well being.

During a foot spa treatment, the Ion Cleanse unit delivers a small amount of low level, electrical current into the array (electrode), which results in a reaction between the array, the water and the Himalayan salt (added to help conductivity and increase the ionisation effect), to generate positively and negatively charged ions.

When the feet are placed in the water the interaction of the positive and negative ions re-energises, revitalises and supports the body's innate ability to rebalance and achieve a higher state of wellbeing.

In a healthy person, your body should have 80% negative electricity (negative ions) and 20% positive electricity (positive ions). But the human body is like a giant magnet that attracts and holds onto toxins. Heavy metals, partially oxidized fats, dissimilated proteins, cholesterol deposits, uric acid, plague, lactic acid and the vast array of chemicals that pervade our water, air and food attach themselves in ionized form to joints, organs, arteries, nerves and tissues. These toxins disrupt normal body functions creating an environment for disease, allergies, and immune system problems.

Some of the healing benefits assist with wrinkles, acne & other skin problems, weight control (improved metabolism), improve memory & sleep, significant pain relief, asthma, increases energy & reduces stress, arthritis aches & rheumatoid, liver detoxification and purging of heavy metals to name a few.



6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) 1.00 Movie: Best In Show. (PG) (2000) Jay Brazeau, Parker Posey, Michael Hitchcock, Catherine O'Hara. Contestants and their pets gather in Philadelphia to compete in a prestigious dog show. **3.00** News Now. **4.00** Afternoon News. 5.00 Milmonaire Hot Seat. 6.00 Nine News. 7.00 A Current Affair. 7.30 Married At First Sight. (PG) 9.15 Married At First Sight. (PG) 10.45 Married At First Sight. (PG) 12.05 Ground Floor. (M) 12.35 Anger Management. (M) 1.00 My Surf TV. 1.30 TV Shop: Home Shopping. 2.00 The Baron. (PG) 3.00 The Avengers. (PG) 4.00 Global Shop. 4.30 Good Morning America.

GO!

6.00 Children's Programs. **12.00** Steven Universe. (PG) **12.30** Clarence. (PG) **1.00** Adv Time (PG) **1.30** Regular Show. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. 3.30 Regal Academy. 4.00 The Powerpuff Girls. (PG) 4.30 We Bare Bears. (PG) 5.00 Ben 10. (PG) 5.30 Teen Titans. (PG) **6.00** Movie: Valiant. (G) (2005) **7.30** Movie: Flushed Away. (G) (2006) **9.15** Movie: Meet The Spartans. (M) (2008) **11.00** Mike & Molly. (M) **12.00** Car SOS. (PG) **1.00** Thunderbirds Are Go. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe (PG) 4.30 Clarence. (PG) 4.50 Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **10.00** Tennis. Davis Cup. World Group. First round. Australia v Czech Republic. Day 1. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Return. Joh visits a pair of My Kitchen Rules contestants after their instant restaurant. **8.30** To Be Advised. **12.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.00** The Amazing Race. (PG) While boating in a punt in Oxford, several teams see their hopes of winning the leg capsize. **2.00** Shopping. **4.00** Dr Oz. (PG) Dr Oz chats with JJ Virgin who shares recipes from her threeweek sugar step-down plan. 5.00

7TWO

6.00 Shopping. 7.00 It's Academic. 7.30 Hairy Legs. 8.00 Pipsqueaks. 8.30 Harry's Practice. 9.00 Home And Away: The Early Years. (PG) And Away: The Early Years, (PG) 9.30 NBC Today. 12.00 Dr Oz. (PG) 1.00 Suspects. (M) 2.00 The Real Seachange. (PG) 3.00 Auction Squad. 4.00 Deal Or No Deal. **5.00** Medical Emergency. (PG) **5.30** 60 Minute Makeover. (PG) The team completes a renovation. 6.30 Bargain Hunt. 7.30 Wild Planet: North America. Narrated by Tom Selleck. **8.30** Escape To The Country. Denise Nurse heads to Lincolnshire, where she helps some buyers who are hoping to downsize. **10.30** Before And After. **11.00** Wild Planet: North America. **12.00** Auction Squad. **1.00** Psychic TV. (M) **4.00** Dr Oz. (PG) **5.00** Harry's Practice. 5.30 Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. 7.30 Bold. (PG) 8.00 Family Feud. 8.30 Studio 10. (PG) 11.00 The Talk. 12.00 Dr Phil. (PG) 1.00 The Living Room: Summer Edition. Living Room: Summer Edution: (FG) 2.00 Ent. Tonight. 2.30 Ben's Menu. 3.00 Judge Judy. (FG) 3.30 The Home Team. 4.00 GCBC. 4.30 Bold. (FG) 5.00 News. 6.00 Family Feud. 6.30 The Project. 7.30 The Living Room: Summer Edition. (PG) **8.30** The Graham Norton Show. (M) Guests include Michael Fassbender, Marion Cottilard, James McAvoy, Frank Skinner, and Gary and Paul O'Donovan. **9.30** To Be Advised. **10.00** To Be Advised. **10.30** To Be Advised. **11.00** To Be Advised. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Operation Repo. (PG) **8.30** Operation Repo. (PG) 8.30 Reel Action, 9.00 iFish, 10.00 M*A*S*H. (PG) 11.00 Hogan's Heroes. 12.00 Get Smart. (PG) 1.00 Matlock. (M) 2.00 Nash Bridges. (M) 3.00 Jake And The Fatman. (PG) 4.00 Diagnosis Mutrole (PG) 4.00 Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) 9.30 Highlander. (M) 11.30 Ripper Street. (M) 12.40 Home Shopping. 2.10 Whacked Out Sports. (PG) 2.30 Hogan's Heroes. **3.00** Walker, Texas Ranger. (M) **4.00** MacGyver. (PG) **5.00** Highlander. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. Final. **11.15** Pointless. **12.00** News At Noon. **1.00** Restoration Man. **2.00** The School. (M) **2.45** The Cook And The Chef. **3.15** Murder, She Wrote. (M) **4.00** Antiques Roadshow. **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** A Taste Of Landline. Final. **8.30** Vera. (M) **10.00** The Weekly With Charlie Pickering. 10.30 Adam Hills: The Last Leg. 11.15 Rage. (MA15+) 5.00 Rage. (PG)

ABC2

6.00 Children's Programs. 5.25 Kazoops! 5.30 Hoot Hoot Go! 5.40 Peppa Pig. 5.45 Dinosaur Train. 6.00 Ben And Holly. 6.15 The Hive. 6.25 Octonauts. 6.35 Peter Rabbit. 6.50 Shaun The Sheep. 7.00 Spicks And Specks. (PG) 7.30 Dirty Jobs. (PG) 8.20 Second Chance. (M) **8.30** Catfish: The TV Show. (PG) **9.15** I Am An Adult Baby. (MA15+) **10.00** Portlandia. (PG) **10.25** Penn & Teller: Fool Us. (PG) **11.05** Special Forces: Ultimate Hell Week. **12.00** Age Gap Love. (M) **12.45** Outsiders With Darren McMullen. (MA15+) 1.30 Dirty Jobs. (PG) 2.15 News Update. 2.20 Close. 5.00 Babar: Adv Of Badou. 5.20 Angelina Ballerina: The Next Steps 5.35 Toby's Travelling Circus. 5.45 The WotWots.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** In The Frame. **2.30** In The Frame. **3.00** The Point Year In Review 2016. **3.30** Floyd's Fjord Fiesta. (PG) **4.00** Thai Street Food. **4.30** Cycling. Herald Sun Tour. Stage 1. Wangaratta to Falls Creek. Highlights. **5.30** Letters And Numbers. **6.00** Food Safari. 6.30 SBS World News. 7.30 Great British Railway Journeys. 8.05 Great British Railway Journeys. 8.40 Movie: Boyhood. (M) (2014) 11.45 SBS News. 11.55 Movie: Daughters Of Darkness. (MA15+) (1971) **1.40** Romanzo Criminale. (MA15+) **2.45** Romanzo Criminale (MA15+) **3.45** Romanzo Criminale (MA15+) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. 5.30 NHK World English News.

SBS VLND

6.00 WorldWatch. 10.30 Armenian News. **11.00** Japanese News. **11.35** Hindi News. **12.00** Movie: Black Lightning. (PG) (2009) **2.00** Snow In Paradise. **2.10** States Of Undress. (PG) **3.00** VICE News Tonight. **3.30** The Feed. **4.00** Daria. (PG) **4.30** MythBusters. (PG) **5.30** If You Are The One. **6.30** Soccer. A-League. Round 18. Brisbane Roar v Sydney FC. 9.15 Big Night Out. 9.45 Big Night Out. 10.15 VICE News Tonight. 10.40 Brooklyn Nine. (PG) 11.15 Movie: K-20: Legend Of The Mask. (M) (2008) **1.40** A Day In Slab City. **2.15** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. 5.00 Korean News. **5.30** Indonesian News.

AUSTÂR.

MOVIES

8.30pm Grimsby (2016) Comedy. Sacha Baron Cohen, Mark Strong. (MA15+) Premiere 8.30pm Gravity (2013) Sci-fi. Sandra Bullock, George Clooney. (M)

Masterniece 8.30pm How To **Be Single** (2016) Comedy. Dakota Johnson, Rebel Wilson. (M) Romance **GENERAL**

7.30pm Arrow. (M) FOX8 8.30pm Death In

Paradise. (M) BBC

8.30pm Sleepy Hollow. (MA15+) FOX8 DOCUMENTARY

7.00pm Science Of Stupid. (PG) *National Geographic* **7.30pm 41.** (PG)

8.30pm My Big Fat Fabulous Life. (PG)

SPORT 7.30pm Basketball.

NBL. Round 18. Illawarra Hawks v Cairns Taipans. Fox

7.30pm Football. AFL Women's Round 1. Collingwood v Carlton. Fox Footy 7.45pm Soccer. A-League. Round 18. Brisbane Roar v Sydney FC. Fox Sports 4

0302

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



PUT YOUR EVENT ON BLAST

We've got a very simple tool on our website to help you tell us about your event

Then we'll tell our readers



SUDOKU

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Crossword 6464

Proofed on a Fordigraph Duplicator by Laurie Stibbe

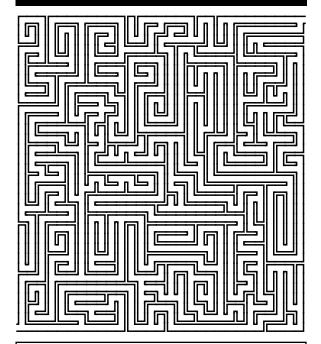
ACROSS

- 1 Lacking in forcefulness
- 4 Device for warming a room
- 7 Fusillade
- 8 Professional card cheat
- 10 Stupid incompetent person
- 11 One who produces cartoons
- 12 Introduce in a subtle manner
- 13 Hindu loincloth
- 14 Anaesthetic
- 16 Gum tree wood
- 18 Showing abnormal development
- 21 Schedule
- 23 Maze
- 24 Sharp, intense
- 25 Along a line
- 26 Junky

DOWN

- 2 Strong feeling
- 3 Every one individually
- 4 Long necked wading bird
- 5 Took for granted
- 6 Precise
- 7 Insincerely emotional
- 9 Share in something
- 11 Fill with wonder
- 15 Retired person
- 17 Timewaster
- 19 Jewish spiritual leader
- 20 Internal
- 22 Flightless ostrich-like bird

AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- · Please resubmit your item in full when making alterations
- Entries updated every Thursday
- · Your submission will run ongoing until you notify us otherwise

BUSINESS CASE FOR NEW HIGH SCHOOL BEING EXAMINED

Does North Lakes/Mango Hill need a new school?

The case for a new local high school, or campus, in the North Lakes/Mango Hill area has been boosted by news that Building Queensland is examining a proposal for extra high school capacity north of Brisbane, Chris Whiting MP said.

The December 2016 'Infrastructure Pipeline Report' confirmed that Building Queensland is helping build a preliminary case for extra secondary schooling capacity in the region.

"Just as we are getting ready for school in 2017, it is very exciting to learn that a new local high school, or high school campus may be entering the infrastructure pipeline," Mr Whiting said.

"It is encouraging news for all the families who know that we live in one of the fastest growing areas of Australia, and we have a lot of pressure on our very popular schools."

"It is early days yet, but I will continue to lobby Education Minister, Kate Jones, for an additional high school in Mango Hill, North Lakes or Griffin," Chris Whiting said.

The Palaszczuk Government has invested \$32 million in education infrastructure in Murrumba, including a \$15 million multistorey classroom block to start construction soon at North Lakes State College, and new classrooms at Mango Hill and Bounty Boulevard State Schools.

The Infrastructure Pipeline Report stated on Page 8 that the 'Additional Secondary Schooling Capacity North of Brisbane' proposal was one of just two new projects that have 'entered the pipeline'.

The proposal is at the Strategic Business Case Stage, which is the earliest stage of development.

Building Queensland is an independent body that sets out the state's infrastructure priorities.



The December 2016 'Infrastructure Pipeline Report' confirmed that Building Queensland is helping build a preliminary case for extra secondary schooling capacity in the region



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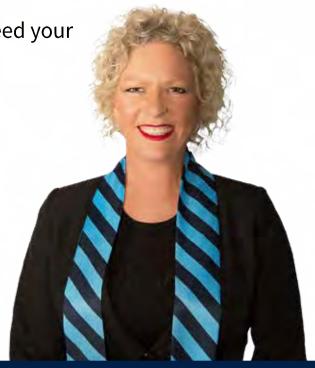
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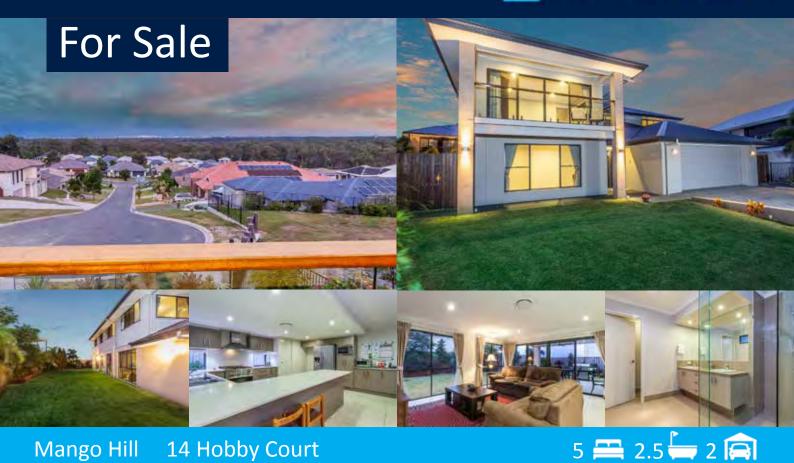
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- Caesar stone bench tops
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- Stainless steel Blanco free standing 900mm gas cook top
- Stainless steel Blanco electric oven
- Stainless steel Blanco dish washer
- Stainless steel integrated microwave
- * Laundry with built-in bench, cabinets, cupboards and Shute
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- * Powder Room

Upstairs Features:

- * Living room with access to balcony looking out to Moreton Bay
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HAVE YOUR SAY ON NEW STATE **BUILDING PLAN**

Oueenslanders will have the opportunity to run their rulers over the state's building and construction industry with the release of a discussion paper for a new Queensland Building Plan.

inister for Housing and Public Works Mick de Brenni said that the Queensland Building Plan consultation was an opportunity for industry and consumers to help shape the course of the state's \$44 billion building industry.

"We have a strong, modern and vibrant building industry and this government is committed to making sure the sector continues to grow and develop.

"The Queensland Building Plan looks at a number of reforms designed to bring increased confidence to the sector, including our government's historic reforms on security of payment for subcontractors."

Mr de Brenni said that the discussion paper covers of a range of areas including a review of licencing and plumbing and drainage laws, the potential for a single state housing code and the sustainability of buildings.

"Industry has been keen on a single housing

or development code for a long time and it's time to have an open and public discussion about the merits of such a code," Mr de Brenni said

"Many home owners across the state have expressed concerns about the operation of the QBCC Home Warranty Scheme and we want to hear from as many Queenslanders as possible to make sure that it is in line with community expectations.

"The Queensland Building Plan discussion paper brings all of these areas of reform together so that people can have their say."

Mr de Brenni said that the discussion paper was the result of extensive consultation with industry and that the government would be rolling out a comprehensive consultation program through early 2017.

"I want to hear from home owners, from builders, from subcontractors, licensees, industry groups and local governments about each of these proposals.

"My department will be running public consultation sessions right across the state, and I encourage everyone to get along and have their say.

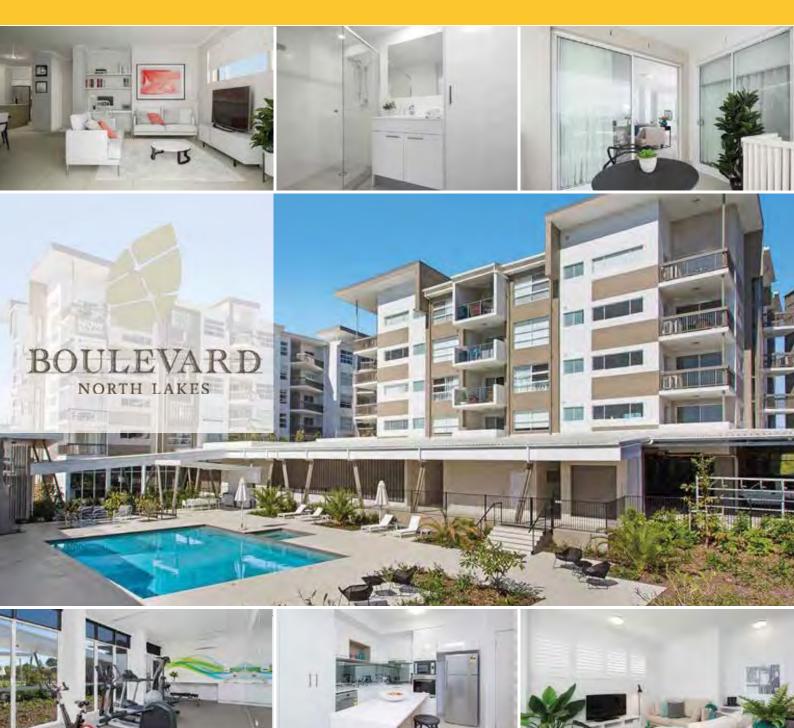
"Ultimately the Queensland Building Plan is about create the right settings to make sure we all reap the benefits of a strong and prosperous building and construction sector."

The Queensland Building Plan discussion paper and information about the consultation can be found at www.hpw.qld.gov.au.



it's time to have an open and public discussion about the merits of a single housing or development code





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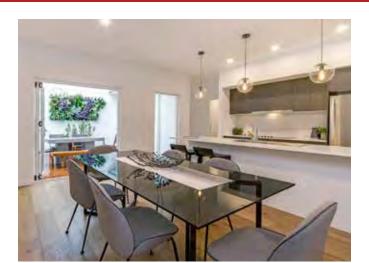
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NEW HOME SALES BOUNCE BACK IN NOVEMBER

The HIA New Homes Sales Report - a survey of Australia's largest home builders - shows a strong bounce in November 2016, said the Housing Industry Association, the voice of Australia's residential building industry.

"Following a dip to a two year low last October, the November bounce in new home sales is a reminder that the national new home construction sector remains in strong shape," said HIA Chief Economist, Dr Harley Dale.

"The sector may have just passed its peak, but the short term outlook is a healthy one, a conclusion supported by other leading indicators such as the ABS measures of Building Approvals and Housing Finance."

The November update for the HIA's monthly New Home Sales survey shows a 6.1 per cent bounce in seasonally-adjusted new home sales. Over the three months to November 2016 the total number of new home sales fell by 0.7 per cent to be down by only 0.2 per cent when compared to the same three month period in 2015.

"At this stage of the new home building cycle that's a very impressive result – this is already the largest and longest national new home construction cycle in history."

"A healthy outlook for new home construction in the first half of 2017 is good news for the Australian economy, because of the huge impact that new home construction has on broader economic activity. Without the boost from housing over the last five years the domestic economy would have at some point slipped into recession."

"You wouldn't want to be seeing signals of an imminent and sharp slowdown in national new home building activity, and we're not. Looking further out, the declines in construction activity will inevitably become chunkier," concluded Harley Dale

in november 2016 new detached house sales increased by 5.2 per cent, while sales of multi-units were up by 9.3 per cent.

Seasonally-adjusted new detached house sales increased in four out of five mainland states in November 2016. New South Wales was the exception with a decline of 5.9 per cent. In November last year detached house sales increased by 17.9 per cent in Queensland, 4.7 per cent in Victoria, 4.2 per cent in Western Australia, and 4.0 per cent in South Australia.



new home construction sector remains in strong shape

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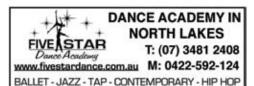


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